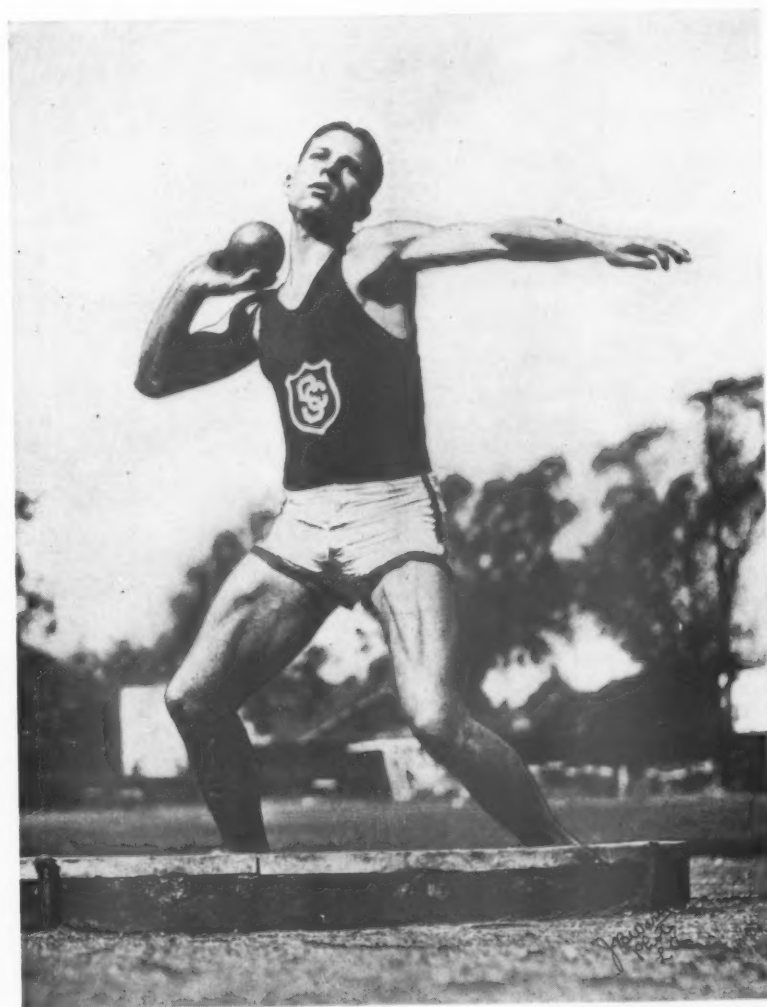


# *The* ATHLETIC JOURNAL



J. B. Ward Photo

March, 1926

25 Cents

# Baseball Uniforms

## Custom-Made or Ready-Made



Even with our experience, there are some things we have never learned.

For instance, we have never learned to cut baseball uniforms to make a saving in flannel—and we do not intend to!

All Horace Partridge uniforms—including even the most inexpensive grades—are cut from full professional patterns, the same as we use in making uniforms for the Boston Americans, Cleveland Americans, Boston Nationals, and the leading professional and college teams everywhere.



On a basis of Quality, you would be justified in paying more for a Horace Partridge uniform. But you pay LESS because of our policy of direct dealing.

### Custom-Made Uniforms

A wide selection at all prices, made to your order just the way you want them. About ten days for delivery. If you wish, we will custom-make the uniforms to measurements supplied by you. Or you can use the Horace Partridge System of Sizes that we will explain fully when we send the flannel samples—it enables you to order custom-made uniforms in advance of knowing just which men will "make" the team.



If you are west of the heavy line, address us at Cleveland; if east of the heavy line, at Boston.

### Ready-Made Uniforms

Eight different Ready-Made uniforms in stock for immediate shipment, at special low prices. Supplied in assorted sizes that will fit any team, if you will just give us some idea of the average age and average weight of your players. Made on the same professional patterns as custom-made suits. When price or quick delivery are a consideration, you will surely be interested in our Ready-Made suits.

WRITE FOR FLANNEL SAMPLES AND OUR SPECIAL TEAM ORDER WHOLESALE PRICES

HAVE YOU SEEN  
No. 113 CATALOG  
BASEBALL  
TRACK and  
OTHER SPORTS?  
Copy gladly mailed  
on request.

*Horace Partridge Co.*  
"EVERYTHING FOR SPORT"

CLEVELAND, O.  
205 St. Clair Ave., E.

Established  
1847

BOSTON, MASS.  
49 Franklin St.

WHOLESALE  
PRICES TO  
ATHLETIC  
DIRECTORS

Please mention  
your position when  
writing us.

## The April Journal

THE ATHLETIC JOURNAL for April will be a Relay meet special number. While some important relay meets will be held in March and May April has come to be the relay meet month and hence it seems fitting that the April JOURNAL should be dedicated to the great relay meets which have become so popular. In addition to the results of last year's meets and the programs for the 1926 meets, there will be pictures of 1925 events and many items of interest to all track coaches.

Further, it is expected that pictures and articles descriptive of some of the men who are on the track honor roll but who were not included in the form study in this issue will appear. The JOURNAL has been presenting each month an article dealing with stadium or gymnasium design. It will publish in April another article of similar character.

So much has been said in recent days relative to the over emphasis on athletes and to commercialized athletics that the editor has written an article in which he has attempted to answer these questions. This will be in the April issue.

The National Amateur Athletic Federation has been conducting a study for the purpose of determining what sports are growing in popularity as judged by the numbers of player participants. The coaches in the schools and colleges were asked to assist in the survey which was made in the educational institutions. The report of this investigation will appear next month.

The prevention and treatment of "charley horse" is the subject of a study made by Dr. T. H. Best of the Department of Histology of the University of Wisconsin and George Berg, formerly athletic trainer at Wisconsin. This article illustrated by three plates of photomicrographs of the "charley horse" injury will appear in the April issue of the JOURNAL.

## Change of Address

WHEN a subscriber sends notice of a change of address, the circulation department of the JOURNAL always acknowledges receipt of the notification. Unless notice of a change of address is sent to the JOURNAL office at least thirty days before the mailing date of the JOURNAL the magazine is sent to the old address and the subscriber should then send six cents in stamps to the postoffice where his mail was formerly received with a forwarding request.

Since the athletic coaches move frequently from one position to another it may well be understood that there is considerable work incident to keeping the JOURNAL list up to date. If all subscribers will promptly send in notices of changes of address when such changes occur it will not only simplify the work in the JOURNAL office but further will make it possible for the magazine to be sent to the right address.

The majority of our subscribers keep their JOURNALS for reference purposes. Many of them have written us that they have every copy of the JOURNAL that has been published. If you wish to keep your files intact do not fail to send in your change of address.

# The ATHLETIC JOURNAL

VOLUME VI

MARCH, 1926

No. 8

## CONTENTS

The College Honor Roll in Track and Field.....	3
An Analysis of the Swimming of Borg and Weissmuller .....	19
<i>By Clarence A. Bush</i>	
Editorial .....	20
An Out-of-Door Board Running Track.....	24
<i>By A. W. Haddleton</i>	
An Analysis of the Basketball Plays of the February Issue .....	26
Basketball Offense in Indiana.....	32
<i>By Everett N. Case</i>	
A Few Suggestions in Baseball .....	34
<i>By W. Guy Morrison</i>	
Athletics in the High School .....	38
<i>By L. W. Smith</i>	
What the Editors Say About Athletics .....	42

Request for change of address must reach us thirty days before the date of issue with which it is to take effect. Duplicate copies cannot be sent to replace those undelivered through failure to send advance notice.

Published monthly except July by the ATHLETIC JOURNAL PUBLISHING COMPANY, 6922 Glenwood Ave., Chicago, Ill.

Subscription, \$1.50 per year; Canada, \$1.75; foreign, \$2.00

Copyright, 1926, the Athletic Journal Publishing Company

Entered as second-class matter August 14, 1925, at the Post-office at Chicago, Illinois, under the Act of March 3, 1879



# SPALDING

## OFFICIAL TRACK EQUIPMENT

### 1926



### LIEB DISCUS

Conforms in every detail to the specifications and requirements of the ruling bodies of track athletics. It is made with wood center and drop forged steel ring, shrunk onto the center under hydraulic pressure, thus insuring accuracy as well as lasting durability.

Vaulting Poles

### SEASONED VAULTING POLES

Spalding vaulting poles are carefully selected from well seasoned bamboo stock, are tape bound and wound with copper wire, soldered. There is no danger of these poles breaking when a man is at the height of his jump.



### TRACK SHOES

Practically every World's National, Collegiate and Olympic speed record has been made with Spalding running shoes. The above illustration shows our famous No. 11T shoe for outdoor running, made of calfskin, with solid leather tap sole and equipped with spikes.

No. 153

### SPALDING "FINNISH" JAVELINS

The javelins used in the Olympic games of 1924 were furnished by A. G. Spalding & Bros. They are made according to specifications of the International Amateur Athletic Federation.

*If it's Spalding-made, it's official.*

*Send your orders to our School Mail Order Department.*

*A. G. Spalding & Bros*

211 So. State St., Chicago, Ill.  
or your nearest Spalding Store



# The College Honor Roll in Track and Field

*Many of the men who will represent America in the next Olympics were college stars in 1925*

THE track and field rules committee of the National Collegiate Athletic Association has this year published an honor roll composed of the names of the college men who made the best records in 1925. This list was made up after consulting the track coaches that are members of the National Collegiate Athletic Association. Inasmuch as track and field performances are definitely and accurately measured, it is possible to determine what men are entitled to the distinction of being placed on an honor roll in this sport. The five men with the best records in each event are listed except where several men were credited with the same record. In such events more than five men are mentioned. It may be that some men who placed but did not win in certain track events in some well established meets were as good if not better than some of the men whose names appear on the honor roll. The

committee, however, has credited only records made by men who won their events in recognized meets. Of course in the field events where the performances of all competitors are measured, it has been possible to rate men more carefully.

The rules committee has announced that each year it will undertake to make up a college Honor Roll and to place on it the names of the men whose achievements merit this distinction. The committee further requests the cooperation and help of all in tabulating and collecting the records.

The JOURNAL is further able to announce that next year a committee representing the National Federation of State High School Athletic Associations will publish in the N. C. A. A. rules book an Interscholastic Honor Roll. High school coaches are invited to send to Mr. C. W. Whitten, De Kalb, Illinois, reports of meritorious per-

formances of high school athletes this year on track and field.

Forty one colleges and universities were represented by the men named on the list which appears at the bottom of this page. Illinois, Ohio State, Wisconsin, and Stanford placed men in five events the names of Michigan, Iowa, and Cornell University men appear in four events each. Texas A. & M., Grinnell, Southern California and Missouri each developed men for three events; Nebraska, Michigan State, Butler, Texas, Northwestern, Pennsylvania, and Princeton were honored by having men placed in two events and Virginia Military Institute, Notre Dame, University of Washington, Dartmouth, Georgetown, Baker, Holy Cross, Occidental, Southern Methodist, Harvard, Marquette, Washington State, Penn State, Pomona, Chicago, Kansas, California, Kansas Teachers College, Minnesota, Bowdoin, Okla-

## 100 YARDS DASH.

Hubbard (Michigan)	9.6s.	Michigan vs. Ohio State.
Locke (Nebraska)	9.6s.	Missouri Valley Meet.
Alderman (Mich. State)	9.7s.	Michigan Intercollegiate Meet.
Foster (V.M.I.)	9.8s.	Southern Conference Meet.
Evans (Illinois)	9.8s.	Illinois vs. Notre Dame.
Roberts (Iowa)	9.8s.	Iowa Collegiate Meet.
Barr (Notre Dame)	9.8s.	Indiana State Meet.
Poth (Texas A. & M.)	9.8s.	Rice Relays.

## 220 YARDS DASH.

Locke (Nebraska)	20.8s.	Missouri Valley Meet.
Russell (Cornell)	20.8s.	Mass. Tech. vs. Cornell.
Alderman (Mich. State)	21.1s.	Western Conference Meet.
Evans (Illinois)	21.2s.	Iowa vs. Illinois.
Roberts (Iowa)	21.3s.	Iowa Collegiate Meet.

## 440 YARDS RUN.

Tierney (Holy Cross)	47.9s.	I.C.A.A.A. Meet.
Lidikay (Baker)	48.3s.	Kansas Intercol. Con. Meet.
Kennedy (Wisconsin)	48.6s.	Wisconsin vs. Michigan.
Phillips (Butler)	48.9s.	Western Conference Meet.
Coulter (Iowa)	49s.	Iowa Collegiate A. A.

## 880 YARDS RUN.

Marsters (Georgetown)	1m. 53.5s.	I.C.A.A.A. Meet.
Reinke (Michigan)	1m. 54.8s.	Western Conference Meet.
Crawford (Dartmouth)	1m. 55s.	Dartmouth vs. Harvard.
Charteris (Washington)	1m. 55.4s.	N.C.A.A. Meet.
Martin (Northwestern)	1m. 55.8s.	Purdue vs. Northwestern.

## ONE MILE RUN.

Reese (Texas)	4m. 18.8s.	N.C.A.A. Meet.
Carter (Occidental)	4m. 19s.	May 16, 1925.
Arnold (Ohio State)	4m. 23.6s.	Michigan vs. Ohio State.
Hooper (So. Methodist)	4m. 23.9s.	Southwestern Conference.
Valley (Wisconsin)	4m. 24.4s.	Iowa vs. Wisconsin.

## TWO MILE RUN

Tibbetts (Harvard)	9m. 26.6s.	I.C.A.A.A. Meet.
Phelps (Iowa)	9m. 27s.	Penn Relays.
Shimek (Marquette)	9m. 32.61s.	Western Conference Meet.
Divine (Wash. State)	9m. 32.8s.	N.C.A.A. Meet.
Esquivel (Texas Univ.)	9m. 32.8s.	Southwestern Conference.

## 120 YARDS HIGH HURDLES

Leistner (Stanford)	14.6s.	N.C.A.A. Meet.
Snyder (Ohio)	14.6s.	Ohio State vs. Chicago.
Guthrie (Ohio State)	14.6s.	Western Conference Meet.
Taylor (Grinnell)	14.7s.	Missouri Valley Meet.
Dye (So. Calif.)	14.8s.	I.C.A.A.A. Meet.
Moore (Penn State)	14.8s.	Penn Relays.

## 220 YARDS LOW HURDLES.

Taylor (Grinnell)	23.6s.	Iowa Collegiate A. A.
Maxwell (Pomona)	23.7s.	Los Angeles Meet.

Kinsey (Illinois)	23.9s.	Western Conference Meet.
Guthrie (Ohio)	24s.	Michigan vs. Ohio State.
Grumbles (So. Calif.)	24s.	I.C.A.A.A. Meet.

## RUNNING HIGH JUMP.

Russell (Chicago)	6ft. 6in.	Western Conference Meet.
Work (Stanford)	6ft. 5 1/2 in.	Pacific Coast Conference Meet.
Poor (Kansas)	6ft. 5 1/2 in.	Kansas Relays.
McGinnis (Wisconsin)	6ft. 4in.	Wisconsin-Ohio State.
		Chicago-Northwestern.
Bransford (Missouri)	6ft. 3 3/4 in.	Missouri vs. Kansas.

## RUNNING BROAD JUMP.

Hubbard (Michigan)	25ft. 10 1/2 in.	N.C.A.A. Meet.
Taylor (Grinnell)	25ft. 2in.	Missouri Valley Meet.
Lancaster (Missouri)	24ft. 4 1/2 in.	Missouri Valley Meet.
Wallace (Illinois)	24ft. 1 1/2 in.	Western Conference Meet.
Woods (Butler)	24ft. 1in.	Texas Relays.

## POLE VAULT.

McKown (Kan. Teachers)	13ft. 2 1/2 in.	Kansas Relays.
Brownell (Illinois)	13ft.	Kansas Relays.
Bouscher (Northwestern)	13ft.	Western Conference Meet.
Sherrill (Pennsylvania)	13ft.	I.C.A.A.A. Meet.
Bontecou (Cornell)	12ft. 9in.	Michigan vs. Cornell.
Greening (Cornell)	12ft. 9in.	I.C.A.A.A. Meet.
Ward (Texas A. & M.)	12ft. 9in.	Southwestern Conference.

## SHOT PUT.

Hartranft (Stanford)	50ft. 1 1/4 in.	Pacific Coast Conference Meet.
Schwarze (Wisconsin)	49ft. 10 1/2 in.	Kansas Relays.
Hills (Princeton)	49ft. 9 1/2 in.	I.C.A.A.A. Meet.
Gerkin (California)	47ft. 5in.	N.C.A.A. Meet.
Richerson (Missouri)	47ft. 3in.	Missouri Valley Conference.

## HAMMER THROW.

Taylor (Pennsylvania)	164ft. 4 1/2 in.	Yale-Dartmouth-Pennsylvania.
Gates (Princeton)	160ft. 10 1/2 in.	I.C.A.A.A. Meet.
Bunker (Ohio State)	154ft.	Ohio State vs. Chicago.
Bowen (Cornell)	153ft. 10 1/2 in.	Penn Relays.
Cox (Minnesota)	153ft. 7 1/2 in.	Minnesota vs. Wisconsin.

## DISCUS.

Hartranft (Stanford)	157ft. 1 1/2 in.	San Francisco, Calif.
Houser (So. Calif.)	156ft. 3 1/2 in.	Los Angeles Meet.
Hoffman (Stanford)	148ft. 4in.	N.C.A.A. Meet.
Schwarze (Wisconsin)	156ft. 7 1/2 in.	Drake Relays.
Charles (Bowdoin)	146ft. 2in.	Maine Intercollegiate Meet.

## JAVELIN.

Cox (Oklahoma)	208ft. 2 1/4 in.	Dual Meet, Norman, Okla.
Northrup (Michigan)	201ft. 11in.	N.C.A.A. Meet.
Bench (Yale)	190ft. 10 1/2 in.	Yale-Dartmouth-Pennsylvania.
Allison (Texas A. & M.)	189ft. 2in.	Texas A. & M. vs. Baylor.
Rountree (Vanderbilt)	188ft. 3 1/4 in.	Southern Relays.



P. &amp; A.

Hubbard winning the 100 yard dash in 9-8/10 seconds, a new N. C. A. A. record.

homa, Yale and Vanderbilt are each represented in one event.

The following colleges are represented on the Honor Roll:

University of Illinois.  
Ohio State University.  
University of Wisconsin.  
Stanford University.  
University of Michigan.  
University of Iowa.  
Cornell University.  
Texas A. & M. College.  
Grinnell College.  
University of Southern California.  
University of Missouri.  
University of Nebraska.  
Michigan State College.  
Butler University.  
University of Texas.  
Northwestern University.  
Pennsylvania University.  
Princeton University.  
Virginia Military Institute.  
University of Notre Dame.  
University of Washington.  
Dartmouth College.  
Georgetown University.  
Baker University.  
Holy Cross University.  
Occidental College.  
Southern Methodist University.  
Harvard University.  
Marquette University.  
Washington State College.  
Pennsylvania State College.  
Pomona College.  
University of Chicago.  
University of Kansas.  
University of California.  
Kansas Teachers' College.  
University of Minnesota.  
Bowdoin College.  
University of Oklahoma.  
Yale University.  
Vanderbilt University.

Roland Locke, a sprinter of remarkable possibilities, who runs in his own style—a smooth, flowing glide with

considerable leg drive—has four times equaled world's records. In the 100 in the Kansas Relays he did 9 3/5 and equaled it in the Missouri Valley Conference outdoor meet at Norman, Oklahoma. In the 220 he has done 20 4/5 in a dual meet and in the Missouri Valley Conference meet. Each time, however, a slight breeze and once a considerable breeze at his back were helpful in his time and no effort was made to apply his record. That he is capable of making the time legitimately Coach H. F. Schulte does not question, and if he does not make it legitimately no effort will be made to present his claim for time.

He is 5 feet 11 inches tall and weighs 170 pounds, with power and stamina to an unusual degree.

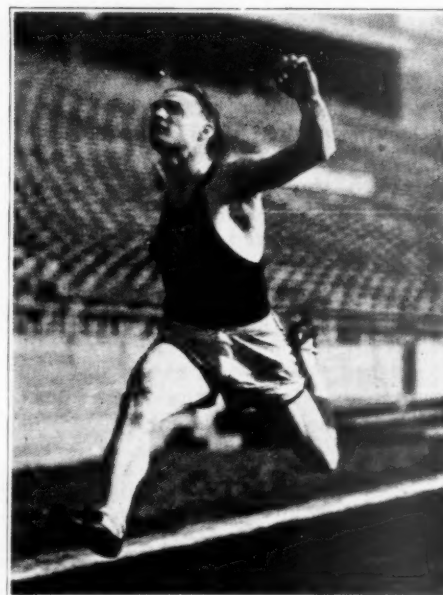
During the last fall he played football and came out of the season with a slight pull in one of the muscles of his leg and during the early season has not been going as well as he did last year. It is hoped that the warm weather will bring him out of this strain and will allow him to come into his own.

My experience in coaching and training Charlie Foster, Southern Conference Champion and record holder in the 100 and 220 yard dashes, has led me to agree with the theory that no two sprinters can be handled alike. It took me the better part of a season to learn that Foster could not only stand but thrive on more work than I would ordinarily give a sturdy quarter miler. I believe that this was partly due to his splendid physique and partly due to the fact that he had apparently no nerves.

The latter fact was demonstrated at the 1925 Southern Conference meet at Sewanee, when Foster came to me with a grin and said, "Say, Major,

I believe these other sprinters are worried about the meet today." This was after Wyndham White (who was a sure bet to win the shot put by two feet, which he did) and I had had a sleepless night, and Foster had turned in to rest like a baby. Yet that afternoon he won his trial heat and finals of the century in 9 and 8/10 seconds, two of the watches recording his time in 9 and 7/10 in the finals.

Aside from Foster's coolness before a race and during it, he had several other peculiarities that set him apart from the average sprinter. His weight, which was 150 pounds in football season, increased regularly from



Roland Locke, University of Nebraska Sprinter, breasting the tape.



"Bud Evans," University of Illinois dash man, in full sprinting stride.



8 to 10 pounds during track season, though there was not an ounce of fat on his body. His height, 5 feet 11 inches, plus a pair of long, smooth-muscled legs, gave him a long stride. Unlike many sprinters, however, he did not employ a very high knee action, but used a gliding motion with a great deal of assistance from his hips. He ran well up on his toes, but without the usual sharp downward push into the cinders. In my opinion, this hip action is of wonderful help to a sprinter, but, unless it comes naturally, it is a difficult thing to teach.

Foster's arm motion was a compromise between the way I wanted him



William Barr, University of Notre Dame, a star in the dashes and the quarter mile.



Frederick P. Alderman, Michigan State College winner of the 220 dash in the 1925 Western Conference meet.



J. P. Poth, Texas A. & M. winning the Southwest Conference one hundred yard dash in 9.9 seconds.

to use his arms and the way he felt about it—which was not to use them at all. When he first reported for track (he had had little previous training before entering Virginia Military Institute), he ran unbelievably fast with the minimum use of his arms. I stressed a free swing from the shoulder, almost straight forward and back, with the elbow slightly bent and most of the "pull" on the backward swing. By constantly harping on the importance of the use of the arms, I succeeded in getting Foster to use them. His motion, however, consisted of a quick sharp swing mainly from the elbow and slightly across the body.

There remains for me to mention what, after all, are the important things for a sprinter to know—how to start and how to finish a race. Foster used the conventional crouch, with his left foot close to the line and his arms well in to his body. On leaving the mark he shot his left arm well forward and his right arm back, taking several driving steps with most of the initial drive off the left (front) foot. He then worked easily into his running stride.

Foster's best speed in the 100 was at about 80 yards. At this point he called on some hidden reserve of energy which lasted until he reached the tape. He used the lunging finish which so often makes a winner of the runner who has been trailing from the crack of the gun. By constant practice he learned to take off from either foot in such a way as to throw the opposite side of his chest at the tape. His throw, however, was not a broad jump but simply an exaggerated

stride that carried him quickly over the last few feet of the course.

The ideal sprinting type cannot be said to be presented by Evans any more than it can be said of Murchison, Leconey, Paddock, Hubbard, Hussey or other topnotch sprinters, because there is too great a variance in the types of build presented by the 10-second and better men of this country. Certain qualifications, however, are possessed by the best sprinters and among them a powerful arm swing is found to be a characteristic much in evidence. As in Evans' case this driving with the arms does not seem to come naturally to a runner. For the most part it is an accomplishment which has been developed by the individual.

The illustration of Evans in full stride shows him using the desired strong arm swing which starts with the first move out of the holes. Other desirable points in his form are the straight forward leg movement and the good knee action that are evident in his stride. He throws his feet well out in front and keeps the toes pointed straight ahead. His forward body lean indicates a well balanced body position. His is a short, fairly stocky build. His weight is 150 pounds and his height 5 feet 5 inches.

William "Bud" Barr, captain of the 1925 Notre Dame track team, was recognized in Indiana track circles particularly as one of the greatest cinder stars who had ever worn the gold and blue. Barr was a quarter-miler by nature, and a sprint man when the occasion demanded. His best work, however, always appeared in quarter mile competition.

Barr had an excellent running tech-

nique: a style that made for the conservation of strength and added to his endurance. With a measured stride that was a veritable cadence to sight and ear, the Irish runner would float through a 440-yard race in :49, finishing in a burst of speed that was not characterized by prodigious exertion, but by a quickening of his rhythmic stride.

The runner's legs from the waist line down swung from his hips in easy fashion. He used a knee action comparable to the easy swing of the entire leg. Barr displayed no lost motion in any part of his body. From the waist line up, his arms and his trunk moved in unison with the lower limbs, and all the parts of his body he combined into one of the most graceful and at the same time most powerful and durable running styles that was ever known on the Irish campus.

The trick of coordinating every muscle in his body toward the perfection of the running style, gave Barr an advantage over many of his competitors in that his finish was not made by undue exertions which characterizes many runners and leaves them in a "spent" condition.

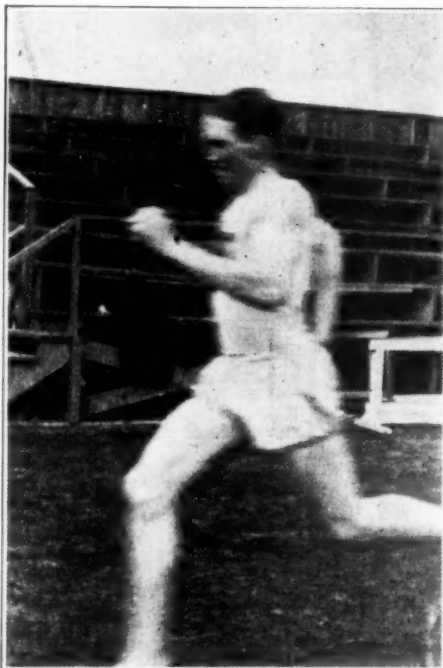
As a sprint man, Barr assumed an exceptionally good starting style. Agile on his toes, and with strong action muscles in the calves and thighs of his legs, the Irish leader was able to leap into a flying start at the crack of the starter's gun.

His body was bent to a right angle with his thighs for the sprinting start and after the start was made, he straightened his body, gradually holding the speed or regulating it according to the conditions under which he was competing.

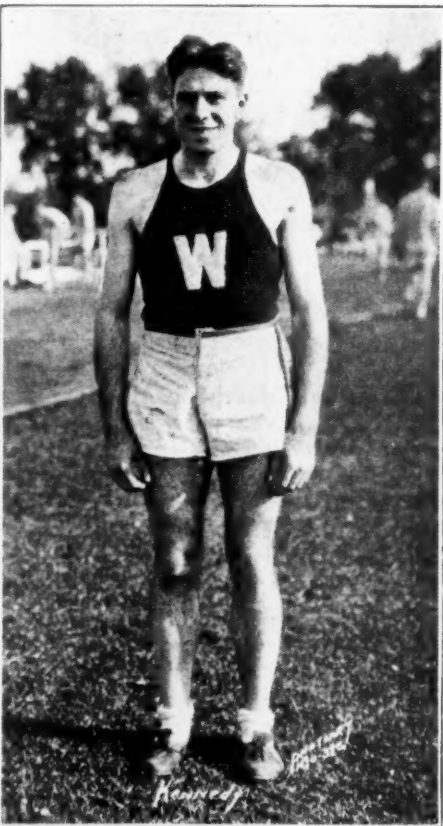
Barr says: "I have noticed, in changing from the four-forty to the hundred, that I have had a tendency to relax just a little in the first fifty yards of the hundred at about the same place a quarter-miler starts his float, providing of course, that he is in the lead. This has been very disastrous and hard to overcome. It isn't easy to change from the long swinging stride of the quarter miler to the shorter faster stride of the sprinter and requires the most severe concentration."

J. H. Poth of Texas A. & M. College, was the outstanding sprinter in the Southwest Conference for the past two years. He was undefeated in the hundred and the two twenty yard races in the Conference during that period of time. In addition to his Conference victories he won first places at the Texas University and the Rice Institute Relay Carnivals last spring, when he defeated a number of

champion sprinters from other sections of the United States. He was clocked at 9.8 for the hundred in the Texas, Rice and Baylor dual meets and ran the hundred in 9.9 and the two twenty in 21.8 at the Conference meet when he had to run into a slight wind.



Lidikay, Baker University, an honor roll quarter miler.



Kenneth Kennedy, University of Wisconsin. He won the quarter mile in the Michigan dual meet in 48-3/5 seconds. He also won second in the Conference half mile run.

Poth is a sprinter of the short, stocky type and has powerful legs and strong body and arms. He is a very steady man on his marks and very rarely goes over his marks even when nervous men break at his side. He is not a particularly fast starter but he never gets a poor start. His front starting hole is about eight inches from the mark and his back hole is so his knee is a little forward of his front toe. He raises his knee about eight inches above the station of the front foot which is placed in a starting hole some four inches deep. The weight of his body is carried well forward which gives a backward slant to his arms from the shoulder to his hands which are placed just back of the mark. In full stride his arm action is high, vigorous and very slightly across his body. He has had plenty of trouble trying to correct a faulty outward turn of his toes and a backward carriage of his head which causes him to run with his body too erect. He runs his best race after the half way mark has been passed and has a good burst of speed left for the finish. He leaps at the tape at the finish in his final stride as is shown in the accompanying picture which shows him in the finish of the hundred yard dash at the Conference meet last spring.

Frederick P. Alderman is a junior in College this year. He is of slender build, being 5 feet 8½ inches tall and weighing 137 pounds. He is 21 years old. Alderman is a slow starter but digs very hard for the first 50 to 75 yards and then coasts for about 100 yards and then digs hard again for the last 50 to 75 yards. He wins the majority of his races by his ability to come from behind in the last 75 yards. He is almost a finished product in running form, I believe, as there is no lost motion in any way, to his running.

The 440 yard dash is thought by many to be the hardest race on the track. If the quarter is mentioned to the average high school sprinter when he starts his college track career, he shrinks from it as if it were something beyond his ability entirely. It is too far. But, on the other hand, many of our good college quarter milers were at one time sprinters primarily. True, more often than not they were not topnotchers at sprinting, but in their sections they were the king of the century and furlong.

So it was with Lidikay. He started his college track career as a sprinter and with very good results. In the two sprints he has never lost over three races to an opponent. He has accomplished ten flat and twenty-two flat a few times. He took up the quarter by way of the relay. It was



soon found that he was the best in the school at that distance. So he began running it more and more until in the faster competition of the larger meets he entered, it became his race.

But what has all this history to do with the man's form? Simply this, that after trying to perfect his sprinting form for some time, he began to lengthen his distance and this automatically altered his form. The energy consuming driving stride of the sprinter took too much stuff and his form had to change so that he might stand the distance.

Thus it is, he has a form which, you might say, is half sprint and half quarter. He has retained to a fair degree the high knee lift and the rhythmic arm drive of the sprinter. However, the knee no longer comes quite so high and the arm drives more nearly parallel to the ground at its point of greatest pull instead of the oblique and powerful downward thrust of the sprint. It also has power both forward and back. The body angle has remained about as it was. The leg comes forward from its rear position more easily. That is, it does not drive the knee up under the chin as it did before.

However, the real secret of his power lies with the leg on the ground. Here he has combined as far as possible the drive of the sprinter and the reach out in front of the average quarter runner. It seems his foot stays on the ground effectively longer than that of the reach and bounce quarter miler. As it passes under his body, his knee is more bent. His body, if you will notice from a side view, does not rise and fall very much. His leg as it comes forward and the lower part snaps out, begins to pull as soon as the foot takes the ground and continues to pull all the way back while passing under the body, and until it has gone its distance. Then it starts its journey forward. It leaves the

ground with little push off with the calf muscles although there, of course, is some. When first starting to run this way Lidikay had a hard time to keep from being too tense. As he finally learned to relax, the results came. His form consumes considerable more energy than the stretch and

bounce and calls for much stamina.

In the picture the form as described is very well displayed. The leg as it passes under the body will not straighten but remains flexed. The leg coming forward started easily and not with a drive. The arm on this side has started its backward pull as described. The other as you see has come back further than that of a sprinter. The tenseness which is difficult to overcome is displayed to a slight degree by the back although otherwise the runner seems to be well relaxed.

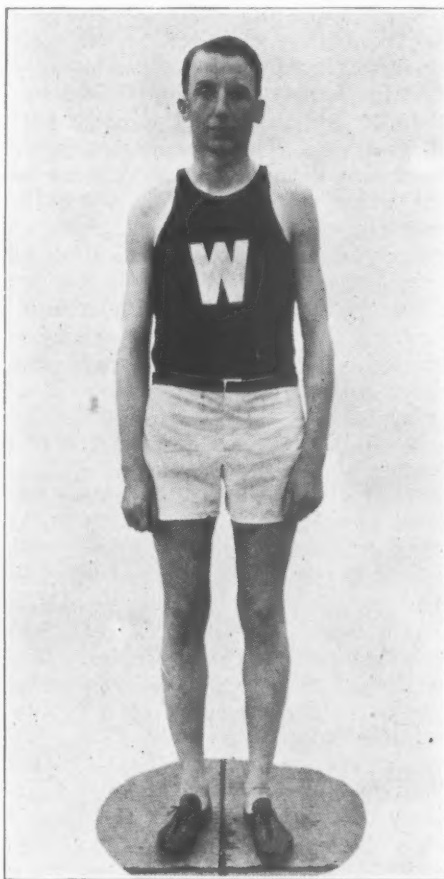
Kenneth Kennedy, captain of the University of Wisconsin 1926 track team, is a strong, driving type of quartermiler. His best time last spring was in the dual meet with the University of Michigan, where he won the event in :48 3/5 seconds. His work in the conference meet was well nigh on a par with this performance, but he was nosed out by a non-conference runner from Butler, finishing second. It is expected that the Badger star will do well in the indoor competition, but outdoors should set a mark of 48 seconds even this spring.

Herman Phillips, Butler College phenomenal sophomore runner, got his early training on the cow paths of Rushville, Indiana. In his distance running he has the stride of the easy moving American Indian, while in his dash work he has the action of a galloping horse. Racing game experience is all he needs to make him an Olympic team man. Probably Phillips' greatest asset is his racing heart, which has been greatly developed while running anchor on the Butler Relay teams the past year. Besides winning the Western Conference and National quarter-mile titles last spring, he won the state mile, running in a high wind in 4:23:7. His sprinting ability has given him a 22 foot broad jump record in his freshman year.

Lloyd Vallely, captain of the 1925



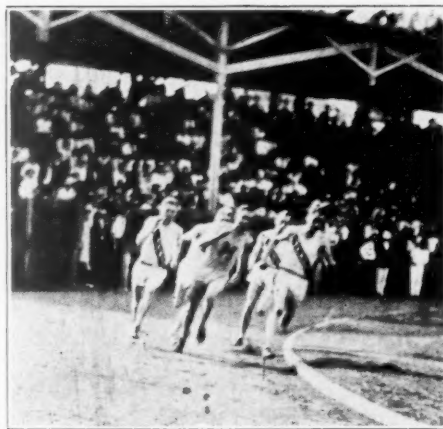
Jim Reese, University of Texas miler, who was credited with the best time made by a college man in his distance last year.



Lloyd Vallely, University of Wisconsin, who ran both the half and the mile.



Herman Phillips of Butler University. In the Western Conference Meet he won the quarter in 48.9 seconds. In this picture he is seen winning the mile in the State Meet in 4:23-7/10.



This illustration shows the correct form in running around a curve.



*Esquivel University of Texas, is running second from the pole.*

University of Wisconsin track team, set several brilliant marks during his collegiate participation. At Iowa City he set a record for the Hawk track of 4:24  $\frac{4}{5}$  for the mile, while in the conference his best time was set in the half mile, 1:55  $\frac{1}{5}$ .

Reese and Esquivel were middle distance and distance champions in 1925. It was not only the thorough training received during 1925 but the years of training preceding that time, that helped these men become the great athletes that they are. They have lived clean, manly lives from childhood. Each of them took part in all branches of sport in high school, although the towns in which the schools were located were small and thus unable to supply first grade equipment or a first class field for athletics. The boys had no systematic coaching, and it was their own love for sport and natural ability that started them on the road to development. As it was still their desire to become champions, after entering the University, their attitude toward training was excellent; they entered the work with splendid spirit and came out for cross-country running regularly.

The coaches at Austin are strong believers in the advantages of cross country running for distance men. It develops a smooth easy running form of legs and arms and endurance; it builds up the lungs, and the muscles are strengthened around the bones to prevent shin splints in the spring. After the cross-country season ends, the runners train down for about two weeks and then have the rest period before regular training for the spring meets.

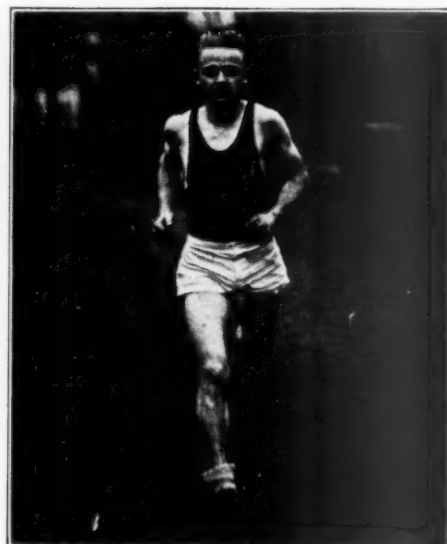
At the close of this rest period, (January 1st to 10th in Texas), the regular routine of training is started. We use the slow, gradual, systematic



*John Divine, Washington State College, winner of the two mile run in the National Collegiates.*

plan of developing men. Calisthenics are the first form of exercise, giving emphasis to development of the entire body, and conditioning the muscles. The stretching exercises, leaning rest, high kicking, bicycling, full knee bend, and high and low stationary running are excellent exercises. Along with these exercises from two to three weeks are spent in wind-sprinting. The wind sprints consist of jogging from one hundred and fifty to two hundred yards, and then of sprinting for thirty or forty yards, alternating the two and repeating the performance several times until the runner is tired. After the muscles are ready a great deal of the early training time is used to develop speed, first by the use of standing starts and then by starts from the holes with short dashes. Then one or two days a week are devoted to stride work on the grass. In the stride work the men run at four-fifth speed with an extra long stride from fifty to seventy-five yards at a run, repeating six or seven times in a day's workout. If the sprint muscles are developed properly, the runner will always have speed enough to sprint home without tying up.

With the muscles developed to the proper stage, the runner must then learn the correct form in running. He must run easily and naturally. The body leans forward from twelve to fifteen degrees and the head must be held naturally. The legs should be in front of the body, knees and toes pointing straight to the front. The motion of the arms is easy, parallel to the ground, meeting at a central point in front of the body. The arms are swung more from the shoulders than in sprinting and not so vigorously. The movement of the legs is aided by a slight hip motion. The stride is not so long as in sprinting but long enough to cover the ground without using a pulling motion. The



*Melvin Shimek, Marquette University, the winner of the Western Conference two mile run.*

runner should run on his toes but not to the extreme as in the dashes. He should not drag his legs behind. Breathing should be natural, deep and through the mouth and nose. The body should be slightly bent toward the curve and forward with the toes pointing in, when running the curves. Some runners use cork grips in their hands, while running but these are not a necessity. The hands may be slightly gripped in a natural manner.

Completing the early period of five to six weeks training, the distance men start work on judgment of pace. The two greatest factors in distance running are courage and judgment of pace. Judgment of pace is knowing how slow or how fast to run different quarters or parts of the race in order to make the best time or to win from an opponent. Each day of the week is given over to a certain kind of work, consisting of shorter distances than the regular event to develop speed; longer distances for building endurance; and regular distance at four-fifths speed to learn judgment of pace. Once a week we have competition against time and opponents. It is strong competition that aids materially in the development of any track athlete. On the day prior to the competition it is best to have a very light workout.

When the runners are ready for the meets, it is important for them to know how to run each race properly. The runner must sprint the first thirty or forty yards so as to gain a favorable position in the race. In order to get this experience it is well to practice once a week with a large group, having each man fight for a position around the first curve. It is well to change the men about so that each may learn the knack of



getting a good position from any lane. The runner must learn how to gain the position in the race without breaking his stride. He should always get in the first or second division of runners. Every distance man must know when to set the pace. If the pace is too fast, he should get out in front and slow it down, if possible, without forcing himself too much. If the pace is too slow, he should get out in front and run his own race. It is best to follow the pace when the pace is properly set. Never follow a man with a poor stride; never change stride to fit a competitor; never look back, into the crowd or grandstand. It is well for every runner to know where to start his finish so that his strength will be used up when he crosses the finish mark. When passing an opponent on the way to the tape, he should pass him as fast as possible.

It is impossible to set an exact schedule for each man. Each individual requires a special training schedule. It is the function of the coach to apply the necessary schedule of training for each individual. Distance running takes stick-to-itiveness, courage and hard work but it is a fine training for the development of any young man.

Melvin Shimek, the diminutive Marquette University two-miler, started his athletic career in the Kenosha, Wis., high school, where he originally ran the sprints, 440 yard dash and the half-mile. Today he stands as an all-American distance runner and as Western Conference two-mile champion.

At the age of fifteen, the "Kenosha Flyer" won his first race in Wisconsin interscholastic competition, covering the half mile in 2 minutes, 3 seconds. While in high school he ran the 100 yard dash in 10:4, the 220 yard dash in 23 flat, the 440 in 57 and the 880 yard run in 2:03. Although a versatile athlete in his prep days, Shimek ordinarily ran but one event in the scholastic meets and never more than two events in dual meets, thanks to the Wisconsin Interscholastic Athletic Association, officials of which oversee such meets.

Shimek came to Marquette fresh from high school and free from the "ego" so frequently characteristic of the prep school star. He came in perfect physical condition; his high school coaches had impressed upon him the need of rational diet, regular habits and the value of body-building exercises. Needless to say, he has none of the bad habits that act as a deterring factor in good training. He has an insatiable desire to run; he runs because he loves the sport; he

enjoys the sensation of rounding the last turn and of coming down the home stretch a winner, and the thrill of sprinting, if need be, at the finish to edge out his victory.

Coming out for cross country in his freshman year, Shimek trained with the varsity runners. His ease in running, his ability to withstand fatigue, that is, his endurance, were so apparent that it was decided to place him in the longer runs and the remainder of the year was spent in coaching him for the two mile. His big problem as a freshman was to master the pace in this longer run and, in fact, this he did not accomplish until the end of his sophomore year. His great desire to win very often caused him to set too fast a pace in the first mile and to this fault can be attributed his second place, in-

stead of first, in the international run at the Penn relays last year. In this race he ran his first quarter in 58, his second in 66 and his first mile in 4:33. He set the pace in all but the last quarter, but did not have sufficient reserve, after his strenuous early effort, and lost out to Harold Phelps of Iowa by inches.

His first varsity competition was at Ann Arbor in the Western Conference cross country run of 1924. He placed second, covering the five mile course in 26:12. His next race was in the Illinois relay carnival of 1925, where he appeared in the 1,500 meter race and won the event in 4:10 2/5.

Shimek ran his first outdoor two mile race in the Penn relays of 1925, as above described. It was an international run and "Buster" led many stars to the finish, but trailed Phelps of Iowa by a single step. The Marquette runners' time was 9:28.

During the remainder of the season he did not lose a race. He ran his fastest two mile in a special exhibition during the Marquette high school relay program, covering the distance in the remarkable time of 9:22 3/5. His last run of the year was in the Western Conference meet at Columbus, where he met his old rival, Phelps, and won out with a lead of sixty yards. His time was 9:34.

He comes from Bohemian ancestry and has inherited the love for sports from his Czech forebears. His parents have always encouraged him in his athletic endeavors. He is a mite in stature, being 5 feet 6 inches tall, and weighing but 130 pounds. Although slender, he is not frail. He is well-muscled and has wonderful chest and abdominal muscular development. His leg muscles are of the long and tapering type. Unlike many small distance men, he has well developed shoulder and arm muscles.

The little Kenoshan runs with a medium springy stride, bringing his knees high. He has a straight leg drive from the toes to the hips, and runs somewhat high on the balls of his feet. This is no doubt due to the habit he acquired while at high school in training for the sprints. At times the coach has attempted to have him run farther back on the ball of the foot, bringing about a more relaxed stride, but this seemed to hinder more than to help and he is at his best when running high on the balls of his feet. He has perfect arm and leg coordination, but his arms are held higher and wider than the majority of distance men. He runs with a smooth, rhythmic stride, body muscles relaxed.

His equanimity of carriage when once in stride, his ease of running,



*This shows Tibbetts in full running stride. The picture shows him to be a strong and powerful runner.*



*Tibbetts of Harvard, who won the two mile run in the I. C. A. A. A. A. meet in 9 min. 26-6/10 seconds.*



Leistner of Stanford, winning the high hurdles in 14.6/10 seconds in the National Collegiates. Taylor of Grinnell, world's champion in the 400 metre hurdles is in the second lane and Snyder and Guthrie of Ohio State in the third and fourth lanes respectively.

his ability to withstand fatigue and his willingness and happy response to coaching have been the outstanding factors in making for Melvin Shimek's success. He is at present training hard for this year's program. Much time is being given to his pace. The coach does not believe in making minor corrections in his form, allowing him to use a style best fitted to his particular makeup, and although he does not run entirely according to orthodox form, he is getting results.

Another strong factor in Shimek's running is his ability to sprint at the finish. He starts his sprint about 150 yards from the tape and usually puts a sensational finish on every race by a fast windup.

Shimek is a good student and, it might be added to his credit, is working his own way through Marquette. His greatest ambition at present is to represent Uncle Sam at the Olympics in 1928.

Technically, the running action of Tibbetts is flawless; his body angle right, arm action proper, and his foot lift behind very slight, all of which tends to make his running expend the least possible effort. He has oceans of stamina and a most remarkable finish to all of his races. I believe he is the peer of all previous collegiate distance runners, from two miles up, and also think that he will prove as good as any mile runner yet produced in America.

Records: Bettered old I. C. A. A. A. A. cross country record held by Macaulay Smith of Yale by 47 seconds. Holds I. C. A. A. A. A. indoor two



Robert Maxwell, Pomona College, who ran the low hurdles last year in 23.7 sec.

mile record, 9.32.6; I. C. A. A. A. A. outdoor two miles, 9.26.6/10.

Divine, known to his friends as "Johnny," measures five feet four inches in height and tips the scales at 120 pounds ordinarily, and at 115 when in running form.

Divine's interest in running dates back to his high school days, when he ran the mile and competed in cross-country runs, winning more consistently in the latter than in the former. He continued to show extraordinary endurance in his long distance work as a freshman in college. It was rec-

ognized that he possessed by nature one of the main requisites of distance running, that of stamina. His stride, as is so often the case in small men, was very short and his sprinting ability was lacking.

We immediately set about to develop a longer stride, using a certain amount of hip action with it. As he increased the length of his stride, he improved his time considerably. He uses very little arm and shoulder action, has a slight body angle forward and runs close to the ground. We also gave considerable attention to increasing his sprinting ability. This, however, is still his greatest weakness. This forces him into the class which has to depend upon strength and endurance, and compels him early in the race to put a considerable distance between himself and his competitors who possess superior sprinting ability.

Divine has an accurate sense of pace. He likes to run the first half mile of a two-mile race unusually fast, his time being 2:10, figuring on a 9:30 pace for the race. In his second and third half miles he approximates 2:30 for each, leaving 2:20 for the last half mile.

There is nothing unusual about the running or the methods of training of Divine. He so thoroughly enjoys running that he has an inclination to want to run too much. As a trainer he is all that can be wished for by a coach. He has never used tea nor coffee, has never smoked nor used intoxicants and is most enthusiastic to improve his favorite athletic endeavor—the two-mile run. He trains faithfully, maintaining a proper mental attitude before the race and during it and possesses a fighting determination to succeed—qualities which enable him



Leighton Dye of Southern California, who won the high hurdles in the I. C. A. A. A. A. meet in 14.8 sec.



to come up to expectations against stiff competitors.

Divine still has two years of varsity competition. With the advantage of last year's experience and with the opportunity to improve his sprinting and striding ability further, he hopes to be able to lower his records during the coming season.

As far as we are able to learn, no small college has ever before turned out such a flock of high class hurdlers as have represented Pomona College within the past ten years. In 1917 Robert Strehle, present track coach at Pomona, was selected as All-American College low hurdler. His record was 23 8/10. In 1920 Charles Daggs of Pomona won a place in the Olympic games in the 400 meter hurdles. He also has a record of 24 seconds in the low hurdles and 15 flat in the highs. The latest champion hurdler at Pomona is Robert Maxwell, with a record of 23 6/10 in the low hurdles and 15 seconds in the highs.

All of these men have been Pacific Coast champions in their events and all have been trained under the same system, and the system itself is based on certain fundamental principles, some of which are:

1. The hurdler must first learn to sprint in good form.

2. In clearing the hurdles he must retain this sprinting form to the greatest possible degree, and not throw himself into contortions that are bound to destroy his speed.

3. In clearing the hurdles he should observe the following mechanical facts:

(a) It takes a certain time for an object to fall a certain distance. If you jump a few inches too high over the hurdles the other man will leave you hanging in the air trying to get back to terra firma.

(b) While you are in the air clearing the hurdle you are losing speed. Thus if you jump too far over the hurdle you lose speed. The only time you actually run is while your spikes

are in contact with the ground. Don't sail too far over the hurdle, but snap the front leg down quickly.

(c) Dive over the hurdle head first.



Dan Kinsey, University of Illinois, winner of the high hurdles in the last Olympics.



Kenneth Grumbles, University of Southern California, winner of the low hurdle race in the I. C. A. A. A. meet in 24 seconds.



Morton Taylor, Grinnell College, taking a high hurdle.



Note how close Taylor lands to the hurdle with his landing foot.

In other words, keep your weight forward so that you will be in a position to run when you reach the ground. Running is, in effect, falling forward and catching up with yourself. If you come down from the hurdle with your weight back, your legs cannot drive your body forward. To accomplish this, when you snap your front leg up, bring the chest forward at the same time, so that the chest and knee are close together. When you snap your leg down on the far side of the hurdle, this act will tend to straighten up your body into the running position again.

(d) The rear leg must come into action quickly after clearing the hurdle. To make sure that this will happen, tuck your rear leg up under your arm, with the toe turned out, and don't let the leg drag along behind. There should be a forward movement of the rear leg while clearing the hurdle.

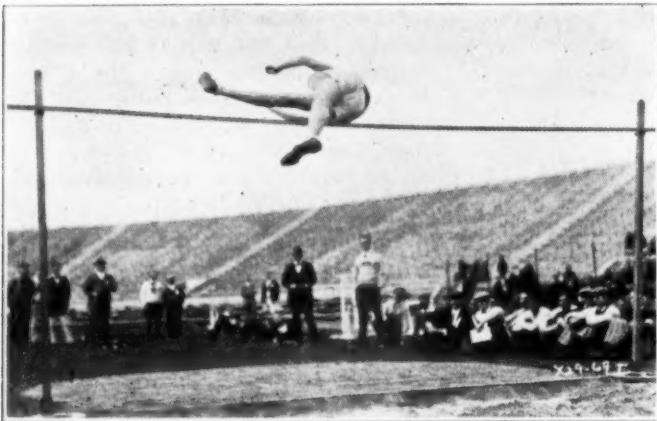
Briefly, the champion hurdler is a fast sprinter who can run through a flight of hurdles just as though there were no hurdles there. At least that is what he attempts to approximate.

There is really no one outstanding feature in the form of Dan Kinsey, Olympic high hurdle champion, except possibly his uncommon ability to get down off a hurdle and back on the ground in his running stride. It was this faculty, in part at least, that enabled him to win from the South African, Atkinson, in the games at Paris.

Of course Kinsey has other qualifications that one would expect to find in any hurdler who can run over the highs in 15 seconds, which he has done several times. He has a great deal of speed that gets him over the ground between hurdles, and often enables him to secure an advantage over an opponent by the time the first hurdle is reached. He has the necessary strength to carry him through a full flight without falter-



Taylor is here seen clearing the hurdle—note his arm action.



Charles McGinnis, University of Wisconsin, who last year jumped 6 feet 4 inches in a quadrangular meet.



Tom Bransford, University of Missouri, winner of the high jump at 6 feet 3¾ inches in the Missouri-Kansas dual meet.

ing and the stamina to run a good final after one or two preliminary heats. He has good form over the hurdle in a straight leg action and a good forward body dip. The accompanying illustration shows him in a quick return to the ground after clearing the hurdle. His leading leg has been quickly snapped down though his trailing leg is barely past the hurdle.

If a man can be said to have a "racing instinct" it is a quality that Kinsey undoubtedly possesses. He seems to have a reserve that he cannot, or at least, does not use unless he is hard pressed. Another competitor at his elbow will cause him to put forth just enough extra effort to win, but if he is an easy first, the race is never won in his best time. This quality is not rare among runners but neither is it common, and the man is fortunate who has it or can acquire it.

Another characteristic that has enabled Kinsey to win many races is his apparent disregard of any other competitors in a race. This would probably be more noticeable to someone who has been in competition with Kinsey a number of times, but it is a fact that he always runs his own race. To run one's own race is a difficult thing, especially when hurdles are clattering down on either side. Opponents alongside have no effect on his running except possibly to speed him up a bit, as mentioned before.

Charles McGinnis is the most consistent high jump performer that the University of Wisconsin has had in several years. He is indoor Big Ten Champion, winning the event last winter with a mark of 6 feet 4 inches. He also won the event in the Quadrangular meet with a jump of the same height. His form is the most legitimate style in use, being a Sweeney jump. He still has another year of competition after this spring.

Tom Bransford, Missouri's high

jumper, has been developed from a "scissors" style jumper who could do about 5 feet 6 inches as a university freshman into a jumper who last year consistently jumped over 6 feet, using a form of jumping that is a modification of the "Sweeney" and "scissors" styles combined. He runs straight at



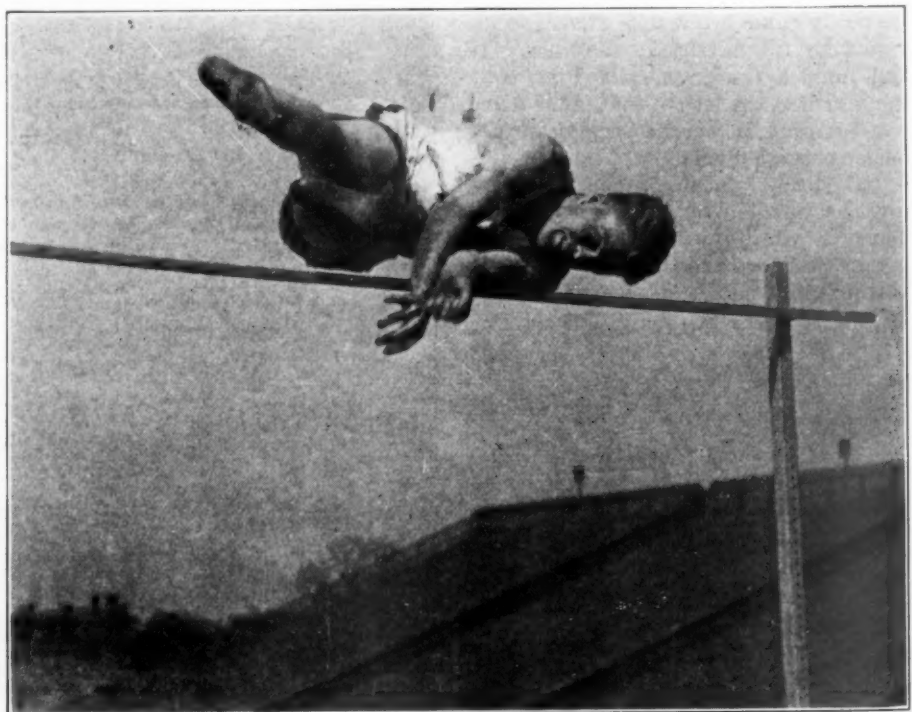
Tom Poor of Kansas winning the high jump in the Penn Relays.

the bar as in the "Sweeney" style, but has never been able to twist his body in the air quite so much as one using this form should. He runs farther than the average high jumper and with more speed. He shoots his feet straight up in the air with a slight hitch and covers more distance of ground, perhaps, than the average high jumper.

Bransford has a high jump record of 6 feet 3¾ inches. He tied for national honors at Chicago last spring.

It is unusual, in the Western Conference at least, for a man jumping 24 feet to get only second place in the broad jump event. Pete Wallace of Illinois had just this experience last year in the Conference meet at Columbus.

If we consider the comparatively small number of men who ever reach



Work of Stanford University, winner of the high jump in the Pacific Coast Conference Meet.



the 24 foot mark, it may be concluded that a good deal of ability is concerned in a jump of this distance. Wallace gets his distance from a relatively long but fast run, and a good hitch-kick during his travel through the air. His best jumps are also characterized by a well-timed forward throw of the hips and arms just before landing. He is a great believer in the idea of keeping the muscles relaxed during the action of the jump.

Wallace is stockily built, weighs 140 pounds and is 5 feet 6 inches tall. He is an excellent performer in the hop step and jump as well as in the broad jump, having a mark to his credit in the former of 46 feet 3½ inches.

Gerald E. Woods reached 24 feet 1 inch in the broad jump after four years of year around training. This was first accomplished at the Texas Relay games and was proved with a 24 foot quarter-inch jump at the Penn Relays on the same day he landed a second to Moore of Penn State in the High Hurdles. Woods started in as a high jumper, developing considerable spring his first two years, but his form made it impossible for him to get beyond the six foot height. Then he got into hurdling, and this developed speed and snap. Probably his greatest asset was developed on the football field. He was a driving half back and a fine punter. This gave him power and the combination of the above made him a winner in the broad jump.

Kenneth Lancaster, pole vaulter, depends largely upon his jump and speed

rather than the "jack knife" form to carry him up and over the bar. He has a double mark system for approaching his jump. He starts his jump at ninety-three feet and checks it at a mark at sixty-nine feet. He uses a "shoot up" form, depending upon muscles and speed rather than a spring. However, he has a combination of the two many times. Lancaster holds his top hand several inches below the bar and shoots his feet straight up after the jump begins.

Lancaster holds the Missouri Valley indoor pole vault record at 12 feet 6½ inches and has cleared 12 feet 9 inches already this season indoors. In the broad jump last year he jumped over 24 feet.

Hubbard uses but one check mark. He starts about seventy-five feet from the board and gathers speed remarkably fast. In fact, a great deal of his success depends upon the fact that

he can attain maximum speed in a very short time.

Hubbard did not use what is termed the kick when in the air in the jump until he came to Michigan, but now he uses one kick which is very fast.

He does not get as high as some jumpers, but his speed carries him forward. Height in broad-jumping, however, is desirable and most jumpers will do well to strive to get as high as possible. It is not advisable to place hurdles or other obstacles in the landing pit for the athlete to clear as these bother most men. Sometimes results may be obtained by stretching a piece of wool yarn across the pit for the jumper to clear. If he has difficulty in seeing the yarn a piece of paper or cloth may be thrown over the string.

He uses a throw of the body at the finish, which helps him in the last few feet. His arms are raised preliminary to landing.

Hubbard throws his arms backward when he lands in the same manner as a man who uses weights in the standing broad jump.

In training for the broad jump a man should not jump for distance more than twice a week. He should take pistol practice with the sprinters and should have some work on the low hurdles.

At his best, Brownell was undoubtedly one of the premier pole vaulters of the country. His best effort, 13 ft. 2½ in., made in the Western Confer-



Kenneth Lancaster, University of Missouri, who is shown here in the pole vault is an honor roll broad jumper.



G. E. Woods, Butler University, who jumped 24 feet 1 in. in the Texas Relays last year.



"Pete" Wallace, University of Illinois, won second in the Western Conference broad jump with a leap of 24 feet 1½ inches.



DeHart Hubbard jumping 25 feet 10⅞ inches, a new world's record.

ence meet of 1923, is a height that comparatively few college men have equalled.

Brownell is physically just that, for which one would look in a pole-vaulter. He is close to 6 feet tall, weighs about 155, has small hips, thin legs and strong shoulders. Continued practice enabled him to manipulate his body properly with his arms only, a recognized requirement if the best results in vaulting are to be obtained. In addition to these qualifications, he had a perfectly worked out run which brought him to the exact place where he knew he must take off in order to clear a definite height. The strongest points in his form, however, were his long swing after his spring off the ground and his strong pull-up as he neared the bar. He had too, of course, the necessary co-ordination of movement that is characteristic of any good vaulter's style.

The illustration shows the start of his swing following a strong spring from the ground. After his body swings past the pole he starts his pull-up. This picture also illustrates well a peculiar characteristic of Brownell's style. It is his take-off and spring from the right leg, a violation of the

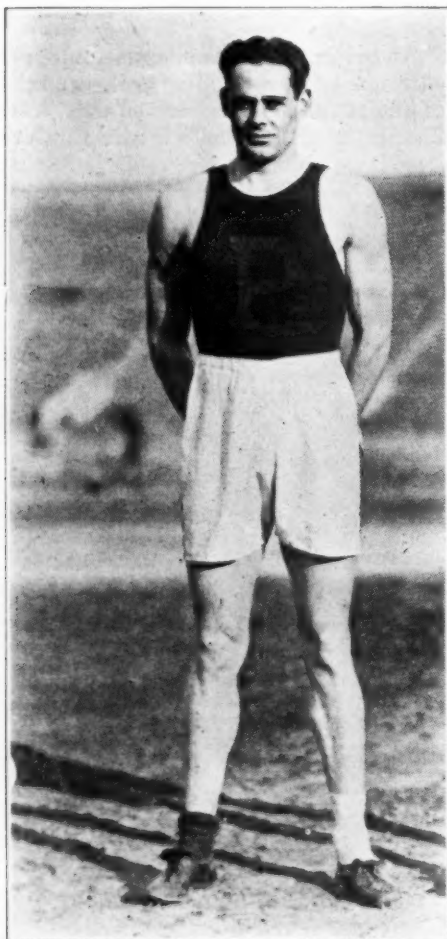
general rule of taking off with the left, that is, for right handed vaulters. He adopted this style when he began his vaulting, before he entered high school, and never changed it.

Nelson B. Sherrill, holder of the I. C. A. A. A. Indoor and Outdoor Championship in the pole vault in 1925, weighs 150 pounds and is 5 feet 9 inches tall.

Sherrill's style is not unique, but rather orthodox. He does not depend upon speed in his run as does Charles



A. A. Ward, Texas A. & M., winner of the pole vault in the Southwestern Conference Meet.



Nelson Sherrill, University of Pennsylvania, holder of the I. C. A. A. A. pole vault record.



Royal G. Bouschor, Northwestern University, winner of the vault in the Western Conference meet at 13 feet.

Hoff, the Norwegian, who holds the world's record. It is upon his powerful pull and gymnastic development that he includes the better part of his effort. A year ago Sherrill broke his ankle while vaulting, and this handicapped him during his senior year, but nevertheless he was successful in both championships.

Royal G. Bouschor of Northwestern, winner of the 1925 Western Conference pole-vaulting championship, uses the style which is generally accepted by experts as orthodox. His run to the take-off is so smooth and easy that he often deceives the observer as to



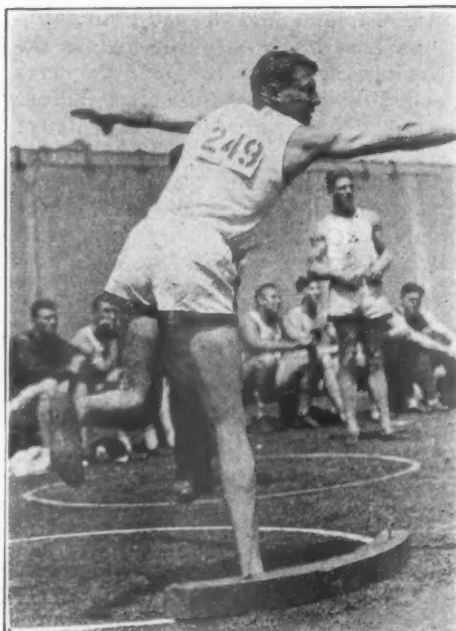
Dean Brownell, University of Illinois, vaulted 13 feet in the Kansas Relay Meet.

the speed which he has gathered as the run culminates in the swing-up from the take-off. Running at top speed for distances of forty to sixty yards on the straightaway while carrying the pole did much to develop this feature of his form.

He is possessed of powerful arm, chest and shoulder muscles which enable him to get full benefit from the pull-up and handstand. Bouschor has perfected the latter phase of his work on the pole to a very high degree by exercises on the parallel bars and by handstands, push-ups into handstands, and walking on his hands. His performance in the air is slow and timed so as to give him the full benefit of his strength of arm and chest. Upon reaching the top of the swing-up, his legs are relaxed; they stop the turning of his body to the left by a scissors action, the right leg being cut back or away from the bar, the left leg kicked toward it. At the completion of this scissors motion, the legs are both swung in under the bar to do their part in the jack-knife which follows. The throw-away is accomplished by a quick back-hand snap of the wrists just before the arms are swung upward to clear the bar.

Every season before starting to vault indoors, Bouschor devoted to at least four weeks to work in the gymnasium on the apparatus and the tumbling mat. Then he started in gradually with his vaulting. The first week was devoted to checking and regulating his approach. For this purpose a single check mark eight steps in front of the take-off was found most satisfactory in his case. During this stage of the preparatory work a





U. &amp; U.

Glen Hartranft establishing a new N. C. A. A. record of fifty feet in the shot put.

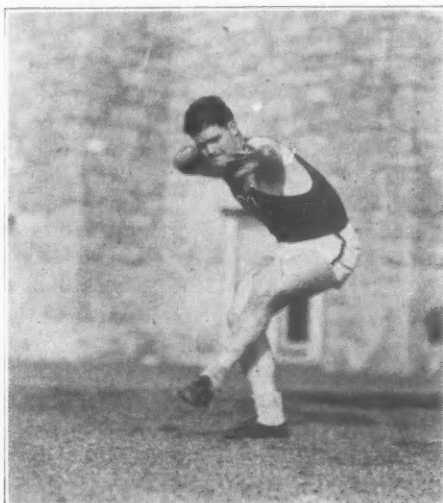
great deal of stress was put on running with the pole, as before mentioned. Low hurdles also helped condition his legs for their part in the finished performance. The final section of this part of the work was devoted to vaulting not over three days a week—more often two. The other days he spent his training periods in high jumping, sprinting, low hurdling and shot putting. In the outdoor season he threw the discus, scoring several points in dual meets in this event. On the days he vaulted in practice, he was never allowed to work for maximum heights but was encouraged to perfect his form while clearing the bar at ten feet six or eleven feet. This conservation of energy and strict adherence to the dictates of form bore fruit in competition, for Bouschor was a competitor who would gladden the heart of any coach—always at his best in a crisis.

Bouschor's collegiate competition terminated last year and he will graduate from the Law School of Northwestern University this coming June. If nothing intervenes to prevent him from continuing in field athletics, he will be among the wearers of the shield in the next Olympics. This athlete who missed out at ten feet in his first collegiate meet in 1923 closed his career in 1925 as Western Intercollegiate Champion with a mark of thirteen feet.

A. A. Ward of Texas A. & M. gave the Southwest Conference mark in the pole vault a boost when he cleared the cross bar at 12 feet 9 inches at the Conference meet last spring. In addition to being a pole vaulter, Ward is a good high jumper and broad

jumper. He graduated from college last spring, but is now with the Houston Athletic Club and should be heard from in the future. He is a dependable vaulter and did not fall below twelve feet during his last year of competition.

Ward runs about one hundred feet in making his vault. The pace is gradually increased so that he is running at his best speed eight strides from his take-off. He uses only one check mark to indicate the place where the take off foot should strike, eight strides from the planting pit. His stride is very regular and he has little trouble in getting the proper take off. This is one of his strong points, and I think that no vaulter can practice his stride too much. At lower heights he carries the upper hand above the cross bar; at medium heights the upper hand is even with the cross bar, and as he goes up from eleven feet the upper hand is raised on the pole about one inch for every three-inch raise of the cross bar. During the run the pole is carried straight for-

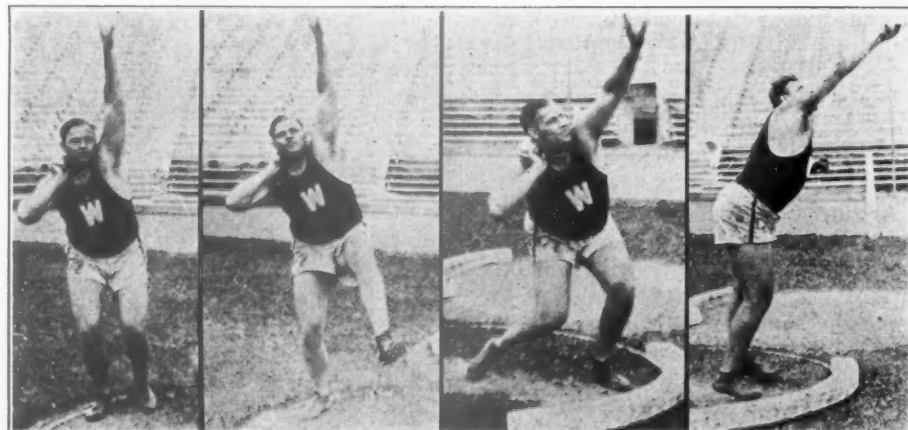


Doss Richerson, University of Missouri, winner of the shot-put in the Missouri Valley Conference Meet at 47 feet 3 inches.

ward at his side and parallel to the ground at his belt. His lower hand grasps the pole at his side, while his upper hand grasps the pole as far back as possible. As the pole slides into the take-off box his upper hand carries the pole upward, at the same time the lower hand slides up the pole to grasp it just below the lower hand at the time of the take off. To mark the proper spot on the ground for the take off, he grasps the pole at the place it is to be held, to make the vault at any distance. He places the pole in the take off box and raises the pole straight over his head at arm's length and then moves his feet backward about one foot. This mark moves back slightly as the cross bar is raised. If the take off is too far back the vaulter jumps into the pole, whereas if it is too close he gets no spring from the ground.

Following the spring from the ground the legs are pulled upward, followed by the arm pull, a body turn and a hand stand. The body over the bar should describe an inverted U at the higher heights, with the cross bar just under the vaulter at the belt. At this time the upward push from the hands clears the upper part of the vaulter's body and throws the pole backward so that it will not displace the cross bar. This final push off with the arms straightens the body of the vaulter so that he will fall on his feet in the pit. This is a very short description of the method that Ward used while at Texas A. & M. The accompanying picture was taken in the Texas University—Texas A. & M. dual meet—and is at 12 feet 6 inches, at which time he withdrew. His best mark, 12 feet 9 inches, was made on the following week in the Southwest Conference Meet.

The work of Herbert Schwarze, giant Badger sophomore, last spring was one of the real sensations of the



U &amp; U

Herbert Schwarze, University of Wisconsin, won the shot-put in the Kansas Relays at 49 feet 10-1/8 inches and also won first in the Western Conference meet. He set a new Drake Relay meet record last year in the Discus at 146 feet 7-1/4 inches.

Big Ten track and field circles. Only a sophomore, he set a mark of 49 ft. 10½ in. in the shot at the Kansas Relays. In the discus he set a new Drake Relay mark with 146 ft. 7 in. In the final Big Ten test he broke the 21 year old record of Ralph Rose for the shot put, tossing the ball 48 ft. 4¼ in. This broke the old mark by 1 ft. 4 in.

Doss Richerson, premier weight man of the Missouri Valley, uses a form little different from that of the average shot putter, in that he stands facing ninety degrees away from the direction of his put, while most shot putters stand facing only half that distance away from the direction of their put. Richerson swings his left leg from left to right directly across and in front of his body and not from front to rear as others generally do. Otherwise his form is like that of the average shot putter.

Richerson holds the Missouri Valley shot and discus records. His shot record is 47 feet 3 inches and his best discus heave is 146 feet 10 inches.

G. Lansing Taylor, height 6 feet 2 inches, weight 195 pounds, age 21, like Sherrill, had his preparatory work in East Orange High School. He is the holder of the record for the hammer throw for the University of Pennsylvania. Record in 35 pound weight, 51 feet 1 inch; 16 pound hammer throw, 164 feet 10 inches.

Taylor has been throwing the hammer about 3 years. He was a hurdler and football player at East Orange High School, and as a freshman at the University of Pennsylvania he tried throwing the discus with little success. He has mastered three turns in the hammer and two turns with the 35 pound weight. He has records of having thrown the hammer more than 159 feet on six different occasions. He finished third in the Intercollegiate Championships last year with 159 feet 6 inches. He has finished second at the Indoor Intercollegiate Championships in the 35 pound weight twice.

His style is similar to that of Matthew J. McGrath and Patrick Ryan, the famous Irish athletes who hold world's records in their specialties.

Arthur Cox, Captain of the University of Oklahoma, track team uses the Swedish form, with some modifications. He carries the javelin above the shoulder and draws it back at full arms length about the middle of his 48 foot run and keeps it there through his hop and reverse. He uses a fast run for the final charge, landing on his right foot with his body well back and then goes into the reverse, leaning well over the board and

not running along side of it. His best performances seem to come against a slight wind. A great part of his training consists of throwing the javelin hard and into the ground a few steps in front of him while he strides around the field. He seldom throws for distance except in the meets, and when he does, his throws are limited to about 6 hard ones, with a marker out some distance, at which to aim. He is very partial to a javelin that is to his liking in every way, and like most other throwers, can add several feet to the throw with one of this sort. Some of the things especially liked about a javelin are: slender tail end, sharp point, and with the balance on the cord near the point.

Cox has been a consistent performer for two years around the 198 ft. mark. In a dual meet with Central State Teachers College here last year he made an official mark of 208 ft. 2½ in. Later in the season he took first place in the following meets: Kansas Relays; Drake Relays; Texas Relays; Missouri Valley; Arkansas; Oklahoma A. and M. and was second in the National Meet at Chicago.

In throwing the javelin, Allison of Texas A. & M., uses an over shoulder carry and throws with the hop method. He runs a little farther and a little faster than the majority of American javelin throwers who get up around two hundred feet. His approach to the throw is more like that of the Finns. I noticed at the recent Olympic games that the javelin throwers

from Finland and the adjoining nations took more of a run before delivering the throw, whereas our men took only a few quick steps before heaving the spear. The majority of our men threw with the criss-cross method however and this method does not permit of so much speed in the approach. We have had men at A. & M. who have used both methods with about the same results and I can't say



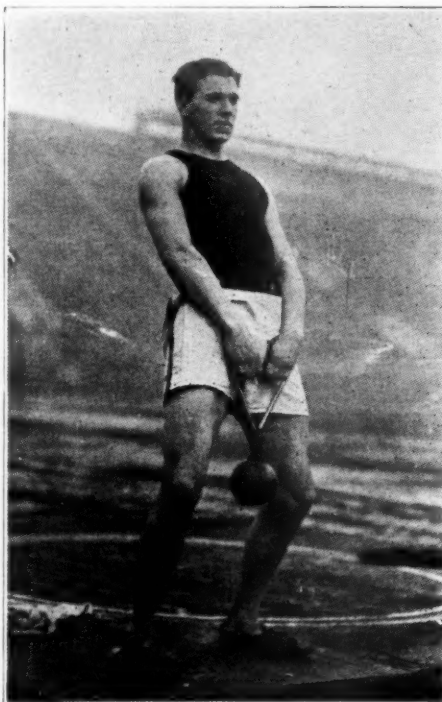
Arthur Cox, University of Oklahoma, has a record of 208 feet 2½ inches in the Javelin.



Cox at the moment the javelin leaves his hand.



This shows Cox, making the reverse after throwing the javelin.



G. Lansing Taylor, University of Pennsylvania, who threw the hammer 164 feet 4½ inches last year.



that either method is preferable from our actual experience at this place. I am of the opinion that in either the criss cross or the hop methods a man should use as much speed in the run as coordination and control will permit.

Allison covers about twenty yards in his run. His last four steps just before the hop, are made at his best speed. The back swing of the arm is completed two steps before he takes



Allison of Texas A. & M. The picture was taken just as he landed from the hop.



This shows Allison at the finish of the first step after the hop. The right foot is starting forward in the reverse.



Bench of Yale University, who threw the javelin 190 feet 10 inches in a Triangular meet last year.

the hop. At this time the arm has been extended backward at full length and is straight at the elbow. This is a point that I think is a matter of importance, for if the back swing is made as the thrower goes into his hop, it is very rarely completed when he starts his forward swing and this causes a jerky delivery and also lost effort. Some of the effort which should go into the forward drive of the arm at this time is taken up in stopping the backward swing. Those of you who play golf will grasp this point readily, but it is just as true in javelin throwing as in golf, in my opinion.

Allison faces to the front throughout the hop and the delivery of the javelin, and though the backward thrust of the javelin causes him to turn slightly to the right as he lands on his right foot from the hop, his body is straight back to the front as his arm comes forward in the throw. His arm bends slightly at the elbow in delivering the javelin with a straight overhand motion, the back of the hand being downward throughout the delivery. The javelin leaves the hand at a point where the arm is very slightly past a perpendicular to the shoulder. During the hop the upper part of the body is drawn back and the stomach muscles are tightened. This causes him to land from the hop with his body in the general shape of a bow. The pictures show this as well as the other things I have mentioned. The first one shows him landing from the hop with the arm straight back and the second one shows him one step later as the arm goes forward



Northrup, University of Michigan, winner of the javelin throw in the National Collegiates.

and upward to the delivery. The next step with the right foot will be the reverse and stop. Allison begins his hop at a point about fifteen feet from the throw line. My men seem to prefer to grasp the javelin with three fingers with the little finger curled under the shaft. They place the hand as far back on the grip as possible. Care should be taken to exert all the effort of the delivery straight along the alignment of the shaft, and a side delivery should be avoided in this method as the thrower is likely to wrench the arm at the elbow.

Our experience here has been that our men are likely to throw the javelin too often trying for distance. We have had a number of men who got poor results after the middle of the Conference season. This was true in the case of Allison the past season and he was beaten out in the Conference meet by his team-mate, Dieterich, who had not thrown so regularly in practice. The same thing happened to another of our javelin men the year before. I think once a week in meets is all a javelin man should throw after the opening of the Conference season. Of course it will be well for him to practice for form on the other days but he should be cautioned to proceed very easily. Javelin throwing is not supposed to injure the arm if it is done properly. The best throws do not seem to strain the man. If he complains of a sore arm it is likely that he is off his form and should be carefully watched. The best throws are always the ones that seem to come the easiest.

As far as form is concerned, Houser uses the orthodox style taught practically by all the coaches in America. It is orthodox in every particular. He employs no freak method to keep his right arm, or throwing arm, well back of his body in an effort to accentuate the "drag," as it is technically called. Houser, in preparing for a throw, places his right foot parallel with the back of the circle, and with the left foot slightly advanced the weight of his body is evenly distributed on both legs. In grasping the implement,



Bench of Yale University at the finish of the javelin throw. Note his half turn.

Houser places the tips of his fingers barely over the edge of the discus, and then takes two or three preliminary swings before he starts across the circle. He merely lets the weight of the implement carry it behind his body, with the back of his hand remaining uppermost.

Houser's style does not differ a particle from the form in use in practically every place where track is taught in America. The unusual success he has had in discus throwing must be attributed to two things: the natural terrific drive he has in his delivery of the discus, and the perfection which he has attained in his form of going across the circle. Houser's progress across the circle is done in the usual manner, that is, he walks across the circle, and does not hop or jump as do many discus throwers with eccentric styles. The entire progress across the circle sees Houser's feet moving along a straight line drawn from the starting point at the back of the circle to the point of delivery. By keeping to this straight line and moving his feet as close to

the ground as possible, Houser concentrates the entire power gained by his speed cross the circle into the terrific snap of the final delivery of the instrument. From the moment he first starts winding up for the throw, with his pendulum-like swings, the movement of the man is one of rhythmic smoothness with not a fraction of his forward movement across the circle jarred by any futile hops or jumps which dissipate the power of most discus throwers through lost motion.

The picture on the front cover is that of "Bud" Houser, the winner of the shot at 49 feet  $2\frac{3}{8}$  inches and the discus at 151 feet  $5\frac{1}{16}$  inches in the last Olympics. Before the last Olympics the Olympic record in the discus was 148 feet  $3\frac{9}{10}$  inches and the world's record was 156 feet  $1\frac{3}{8}$  inches. Tom Lieb of Notre Dame threw the discus 156 feet  $2\frac{1}{2}$  inches in 1924 and Hartranft of Stanford made a record last year of 157 feet  $1\frac{3}{8}$  inches. Houser has a record

of 156 feet  $3\frac{1}{4}$  inches which is better than the world's record which stood at the time of the last Olympic meet.

In the shot put Houser gets a great deal of drive from his legs and he travels across the ring with a great deal of speed. His leg drive, speed and splendid form account for his excellency as a shot putter.

Hooper is the type of runner who can do almost any run very well. He began his track career in high school with the dashes, and at various times has done the 440 and the 880. For the past two years he has been on the cross-country team, placing among the first half dozen at the conference run.

Taking up the mile run in his first year in college, he has developed rapidly to the point where this seems to be the ideal distance for him. His build is typically that of the small, wiry, nervous runner. His weight is about one hundred and twenty-five to twenty-eight pounds, and his height is five feet eight inches. His thigh and calves are well but not heavily muscled; his shoe size six and a half.

In temperament Hooper is excellently equipped. He is an indefatigable worker, continuing his training out of season as well as in, and never getting out of fair running condition. He seems to be capable of almost any amount of work without becoming stale. His interest in track is very genuine and intelligent, for he continually studies available books and literature on track work; in fact he has an important part in his own development and conditioning.

In his races, Hooper has always preferred to let an opponent set the pace, using an unusually long, swinging, easy stride, with body a little forward, to keep within striking distance of him, and depending on his own tremendous reserve and powerful spirit to win in the last 220. It was this method that he used in defeating Jim Reese, the great Texas University miler, and in breaking the Southwest Conference record last May. On the last lap Hooper came up from fourth place, gained fifty yards on Reese, passed him on the last curve and led him in by ten yards in a dashing finish. The quarters were approximately 0:62, 2:11, 3:21, 4:23  $\frac{9}{10}$ . In the mile at the N. C. A. A. meet last June, after a month's training without competition, and running in much the fastest company he had ever experienced, after trailing the field for three laps he fought his way up through the ruck to seventh place.



"Bud" Houser, University of Southern California, who won both the shot and discus in the Olympic meet.



# An Analysis of the Swimming of Borg and Weissmuller

By Clarence A. Bush

Fundamentally, the crawl strokes of Arne Borg and John Weissmuller, the two greatest speed swimmers of the present day, appear to be very much alike. Under analysis, however, they develop radical differences. Weissmuller practices to perfection a style upon which the professors of this elusive art have come out to agree as the ideal stroke. On the other hand, Borg comes along and violates sacred details of this code and gets away with it for world's records.

Both of these great swimmers are now under the guidance of Coach William Bachrach of the Illinois Athletic Club. Borg, originating in Sweden, is largely self-developed. He is best at distances from 440 yards and up, and is breaking Weissmuller's world's records in distances from the quarter-mile to 500 yards. Weissmuller, however, developed under the careful guidance of Coach Bachrach, remains invincible in the shorter sprints. The Tri-Color coach, satisfied with the results of "perfect style" as embodied by Weissmuller, is making no move to change the practices of Borg. All he is doing is trying to account for the latter's strange success.

As team-mates, these rivals appear content to divide the field, Weissmuller taking the sprints and Borg the long distances. This seems to be a natural arrangement in view of their differences in personality, variance in physical gifts, discrepancy in ages, and disagreement as to technical methods. Borg is impulsive and headstrong to the point of wildness, though tamed somewhat since accepting the Bachrach brand of discipline. Weissmuller displays plenty of enthusiasm, but his actions usually are well considered and

directed by something of an artistic restraint.

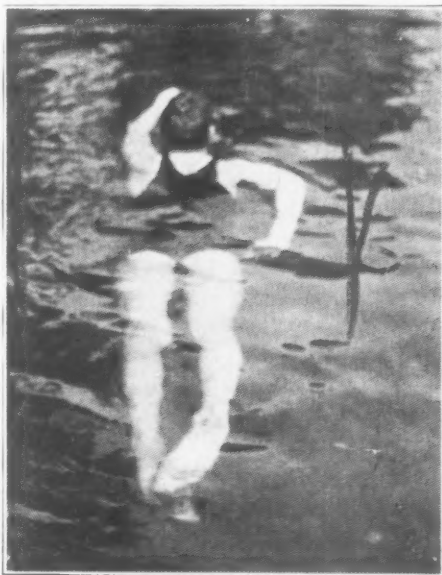
Weissmuller is taller than Borg by several inches, is more symmetrically developed and fuller fleshed, but in no respect is he to be considered as even tending toward beef. Both are exceptionally long geared, long-armed, long-legged, long-trunked and snaky. Both have big hands and big feet, powerful levers. Weissmuller's hands, however, are larger than those of his rival.

Borg is twenty-four years of age,

four years the senior of Weissmuller. It has been Coach Bachrach's aim in managing the latter to keep him at short distances because of his youth. With added maturity, Borg is able to stick it out in the endurance grinds without risk of injury.

To the uninitiated, their strokes might appear the same in that they lie flat on the water, stomach and face down, rotate their arms on alternate strokes, keeping them always equidistant, and thrash their feet up and down, extended fully to the rear. They recover their arms and carry them forward out of the water, and their arms bend at the elbow midway in the downward and backward propelling motion. Each takes a breath on every stroke, snapping the head to the left to inhale while the left arm is being recovered. Each takes a quick bite of air through a wide-open mouth and turns his face down in the water, exhaling in the water through the nose. Neither extends his arm as far forward as he can reach for the catch of the hand. To reach too far ahead throws the body off of the even keel, takes time, and secures nothing extra in the matter of purchase power. They are content with a moderate reach, the arm relaxed. They make the catch, in a line with the shoulder neither in nor out. They start the hand down slowly and increase its speed as they feel it securing a purchase on the water. They reach fairly wide with their arms midway in the stroke, but their leverage is reduced by the bending of the elbow, which divides the power burden between the elbow and the shoulder. Borg gets a tremendous

(Continued on Page 22)



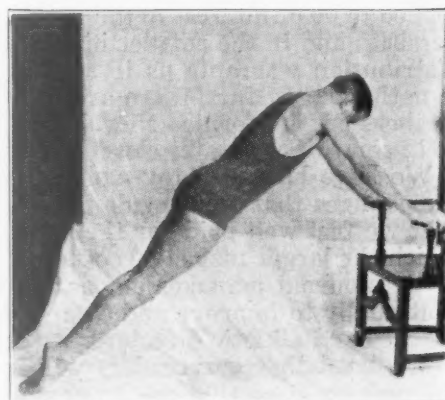
Weissmuller in the water. Note the position of the feet and legs in the crawl stroke.



Arne Borg illustrating the land exercise for acquiring arm action.



John Weissmuller illustrating the pigeon toed leg thrash used by greatest crawl stroke swimmers.



This shows an exercise which Borg uses to limber up his feet so that he can turn them back in the water.

# The ATHLETIC JOURNAL

*Nation-Wide Amateur Athletics*

VOLUME VI

MARCH, 1926

No. 8

Published by  
THE ATHLETIC JOURNAL PUBLISHING CO.  
6922 Glenwood Avenue  
Chicago, Illinois

JOHN L. GRIFFITH, Editor

## The Only One in Its Field

THE Athletic Journal is the only magazine devoted exclusively to school and college athletic sports and athletic coaching. Since the duties of the majority of the athletic coaches in the schools and colleges are not confined solely to coaching and training the varsity teams, the Journal deals not only with the technique of coaching, but also with problems of administration and with the philosophy of sports. It is necessary that this statement be made because some of our subscribers write us requesting that we run more editorial copy and material relating to the theory of physical education while others suggest that they would like to have us devote more pages to the technique and form of athletics. The Journal will attempt to maintain a balance between these different sides of physical education, trusting that thus we will accomplish the most good and at the same time please the greatest number.

The Liberty Magazine announced in a recent number that the management of this weekly was not interested in mail order subscriptions, that it preferred to have the magazine sold on the news-stands in the large cities and consequently Liberty was written primarily for city folk. The Journal on the other hand is not sold on the news-stand but reaches only those who subscribe for it. It is not written for the coaches in any special section of the country or for those who are connected primarily with either the large institutions or the smaller schools. It is intended to be of interest to the coaches in the large universities and in the smaller high schools as well. Our distribution warrants us in stating that the Journal is national. In fact, there are as many Journal subscribers in California, New York and Pennsylvania as in some of the states closer to the Journal office.

We have had so many expressions of approval of the changes that were made in the Journal this year that we feel well paid for the extra money and labor which the larger magazine costs. It will be the policy of the Journal management as the growth warrants continually to improve and enlarge this magazine for coaches and athletic directors.

We trust that our readers will in the future as in the past consider that the ATHLETIC JOURNAL is their magazine and that they will tell us how we can serve them better. Some one has said that a good sportsman is always ready to help teach others. Judging

by the manner in which the coaches have written technical articles in the JOURNAL and have thus helped instruct others the school and college coaches are good sportsmen.

## Regulating People's Pleasures

WILLIAM ALLEN WHITE is reported as having recently suggested that Kansas pass a law prohibiting intercollegiate athletics in Kansas at schools receiving state money and suggests that if this were done it would put one hundred percent more efficiency and enthusiasm in the faculties of the state schools. Of course, it does not necessarily follow that if Kansas prohibited football, the students would put any more enthusiasm into their studies than they do now. Mr. White evidently has the point of view that is more or less common these days that you can make men do what you want them to do by not letting them do the things that they want to do; that you can make men scholars by forbidding them the right to do anything else but study. This is a false philosophy and we will get further in America by constructive rather than by destructive measures.

Athletics at the state schools of Kansas are not to any considerable extent financed by state taxes. The money that is spent for coaches, for equipment and for the general maintenance of athletics is received from voluntary admission fees. To argue that the institution should not be permitted to receive these voluntary payments from those who want to watch the games would be equivalent to saying that the people should not be allowed to spend their money to attend the football games. Until it is proven, however, that the people who attend football games endanger society by so doing and trespass upon the rights of others, there are not many who would believe that laws should be passed denying them the privilege of spending their own money for the purpose of watching two college teams play football. Further, there are not many who would hold that it is wrong for the institutions that collect the admission money to spend the profits for the physical education needs of the different institutions.

Those who may differ from this view will suggest that football is trespassing upon the other departments of the university. However, they have not presented facts which would lead us to believe that the other departments of the institutions made more rapid progress in the days before football than they are doing now, that the non-athletic nations of the world such as Russia, China and Spain have contributed more to intellectual life and progress than such athletic nations as ancient Greece, Great Britain and the United States or that the colleges with small stadiums are developing their academic departments more rapidly than the institutions that possess large stadiums. What is needed is more suggestions as to how we may develop within the minds and hearts of our people, greater appreciation for things intellectual. Certainly, this can not be accomplished by passing laws forbidding people to do this, that or the other thing.

## A High School Man Points the Way

D R. L. W. SMITH, Principal of the Joliet, Illinois, High School and Secretary of the National Federation of State High School Athletic Associations



delivered an extemporaneous address before the recent convention of the National Collegiate Athletic Association. A report of Dr. Smith's address will be found elsewhere in this number of the Journal. There are several things which should be pointed out in his remarks that are significant.

In the first place he suggests that the school and college men devote more time and thought to constructive work in the future than they have in the past. This means that if an institution is supporting only a number of varsity teams and is not providing athletics for the general student body that the situation can be corrected by promoting athletics for all rather than by abolishing inter-institutional games. It means that if a high school is located in a town where professional athletics are being conducted in such a way as to jeopardize amateur standards in the high school that matters may be rectified by promoting community amateur athletics. It has been proven over and over again that where some leader starts amateur commercial leagues of one sort or another, eventually the interest in this kind of athletics will increase to such an extent that the interest in professional teams and the support of them will diminish accordingly.

He further suggests that the school and college men should not be satisfied only with teaching sportsmanship to players and students, but should undertake to educate the public along these same lines. If it is possible, and there can be no question but that it is, to use the school or college team as a means for emphasizing certain fundamental social virtues to the extent that the students will be benefited, then likewise attempts should be made to extend the influence of athletics throughout the communities in which the games are played. The high schools are probably doing a great deal more of this sort of missionary work than the colleges.

Dr. Smith further calls attention to the growth in the student population in the secondary schools and suggests the need of an enlarged program of athletics that will be adequate to take care of the increasingly large student bodies. Some one has said that it is seldom a mistake to play the bull market in America. Certainly the majority who have planned athletic equipment for the students in the schools and colleges have been short sighted and have failed to build on a large enough scale.

## Track Coaches Whose Men Are on the Honor Roll

The first article in the JOURNAL this month deals with the track and field men who because of their performances were placed on the College Honor Roll. Some of the coaches of these men, many of whom will be members of the next Olympic team, have described the form used by the "honor" men for the benefit of the JOURNAL readers. Some day someone will prepare an honor roll and place on it the names of the high school and college coaches who trained the men winning places on the American Olympic teams.

Following are the names of the coaches who trained the men whose pictures appear in this number of the JOURNAL. Most of them wrote the articles describing the form of the men in the pictures.

Tom Jones, track coach at the University of Wis-

consin and a member of the N. C. A. A. Track and Field Rules Committee, developed Kennedy, Vallely, McGinnis and Schwarze.

Harry Gill, the veteran track coach at the University of Illinois, coached Kinsey, Wallace, Evans and Brownell. The descriptive matter which accompanies the pictures was written by "Pitch" Johnson, Mr. Gill's assistant.

Steve Farrell, University of Michigan, trained and coached Hubbard, Northrup and Reinke. The former gives Farrell credit for making him a world's champion.

Bob Simpson, former Olympic hurdler, now track and field coach, University of Missouri, developed Bransford, Lancaster and Richerson.

Frank G. Anderson, track coach at Texas A. & M., coached Allison, Poth and Ward.

Lawson Robertson, track coach University of Pennsylvania and head coach of the last Olympic team, developed Sherrill and Taylor.

Phillips and Woods of Butler College were coached by Pat Page, who also developed Glen Gray, a splendid sprinter.

Clyde Littlefield, track coach University of Texas and a member of the Rules Committee, trained and developed Reese and Esquivel.

Ben Owen, director of athletics the University of Oklahoma, has two men on the honor roll in Cox and Potts.

J. Fred Bohler, director of athletics and track coach at the Washington State University, coached Divine.

Major H. M. Read, Virginia Military Institute, was the coach of Foster, whose name appears among the honor sprinters.

Frank Hill, track coach Northwestern University, developed two honor men in the persons of Bouschor and Martin.

C. M. Jennings, track coach at Marquette University, has the honor of having coached Shimek.

Geo. Bretnall, formerly a quarter miler at Cornell College and now track coach at Baker University, has developed another quarter miler in Lidikay.

Knute Rockne and Tom Lieb coached Barr, the Notre Dame sprinter.

H. J. Huff, who has developed a long list of champions, coached Taylor. Huff has been for a number of years director of athletics and track coach at Grinnell College; next fall he becomes track coach at the University of Kansas.

Ralph Young, the director of athletics and track coach at Michigan State College, developed Alderman.

Dean Cromwell, track coach at University of Southern California, has three sterling athletes in Houser, Dye and Grumbles.

Bart Sullivan, track coach at Holy Cross, coached Tierney, whose name appears with the quarter milers on the honor roll.

E. W. Nixon of Pomono College has developed a number of famous hurdlers, among them Maxwell.

Henry Schulte, track coach at the University of Nebraska and a member of the Rules Committee, coached Locke.

## Third Annual Emerson High School Invitational Relay and Field Day

Gleason Field, Gary, Ind.  
April 24, 1926

The biggest high school relay  
in the Middle West.

Forty schools from three  
States with over 500 athletes  
in the 1925 meet.

For particulars write

**GEORGE F. VEENKER**  
Athletic Director,  
Emerson High School,  
Gary Ind.

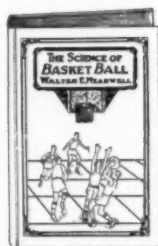
## THE SCIENCE OF BASKET BALL

by Dr. Meanwell

*Coach*

University of Wisconsin, and formerly  
University of Missouri

Co-Director, Rockne-Meanwell and the  
Little-Meanwell Summer Schools for  
Coaches



Written for Coaches by a teacher of  
Coaches. Meanwell has "Coached Coaches"  
since 1912. In 1925 alone, over 800  
coaches attended his summer courses.  
Meanwell's experience ensures point-of-  
view and clearness of presentation. His  
success in coaching guarantees soundness  
of method.

Price \$3.50, Postpaid

**H. D. GATH, Distributor**  
1111 W. Johnson St., Madison, Wis.

## An Analysis of the Swim- ming of Borg and Weissmuller

(Continued from page 19)

drive with the arm midway in the  
stroke.

Now here is where their likenesses  
end. Weissmuller makes five and a  
half or six complete revolutions of the  
arms to go sixty feet, or one length of  
the Illinois Athletic Club tank. Borg  
makes seven and a half to nine, and  
even uses ten revolutions in a finish-  
ing sprint. This indicates that Borg  
is placing much greater dependence  
on his arms than Weissmuller, and  
his other variations from "perfect  
form" string along logically with in-  
creased speed of the arm action.

It was always thought that Weiss-  
muller swam with his chest about as  
high as possible in the water, hydro-  
planing to reduce resistance. But Borg  
swims even higher and this stren-  
uous position is made possible by his  
more rapid arm action.

To a greater degree than any other  
swimmer, Weissmuller develops prop-  
elling power in the legs. He extends  
his feet fully in the rear, and thrashes  
them up and down vertically in a rapid  
whip-lash churning. At the widest  
separation his feet are about fifteen  
inches apart. There is a trick to this  
leg action almost impossible to de-  
scribe. It is learned only by much ex-  
perimentation. Any swimmer will  
notice the difference immediately, once  
he breaks into it.

Now this leg action is declared to  
have given Weissmuller the margin,  
though not the main power, of his  
advantage over other fast swimmers.  
The main power in any crawl stroke,  
of course, is in the arms. This is  
not true of the trudgeon or the breast  
stroke, which derive their main force  
from the legs.



*Weissmuller in the back stroke. Note  
the position of the legs and feet.*

Borg has nothing to compare with  
Weissmuller's power in the legs. In  
fact, he puts so much energy in his  
arms that he has none to spare for  
the legs. So he lets his legs trail be-  
hind him for the most part like a pair  
of threads. He goes through an ap-  
pearance of a crawl leg thrash, but  
this does little more than keep his  
legs high in the water and aid in  
balancing the body. He makes a  
wider separation of the feet. Here  
is the secret of Borg's endurance for it  
is well known that the use of the legs  
puts a greater burden on the heart  
than does the use of the arms. The  
rapid Weissmuller thrash, therefore,  
while highly effective for short  
sprints, is too exhaustive for long dis-  
tances. It must be slowed down for  
distance swims, and loses its value.  
Performed at a slower pace the whip-  
lash can not be executed effectively.  
It is the sting of this lash that packs  
Weissmuller's propelling leg punch.



*Weissmuller has just completed one rev-  
olution of the arms and is turning his head  
to the side to inhale.*

Therefore, taking it easy with his feet,  
Borg saves energy for his arms, and  
relieves the burden on his heart,  
enabling him to travel greater dis-  
tances. When he tries to beat  
Weissmuller's sprinting records, he  
increases his leg action to a great  
extent, but does not get the full  
benefit of them.

To train his feet back so that his  
legs would trail along like threads,  
offering the least possible resistance,  
Borg for two years practiced a dry-  
land exercise of his own conception.  
He took a chair and rested his hands  
and chest on the seat. Then he ex-  
tended his feet full length in the rear  
and placed the tops of his feet face  
down to the floor. Then he went  
through a push-up exercise with his  
arms. This put a great strain on his  
feet, as he bent them backward almost  
double. However, this exercise lim-  
bered them up so that he could ex-  
tend them properly when in the water.  
He kept his feet extended backward  
like those of a toe-dancer, thereby  
avoiding resistance to the water which  
would be caused if the top surfaces  
of his feet made an angle to his legs.  
Try to straighten your foot out like a



toe dancer and see that you can not without special training, do away with this angle which would drag against the water.

Borg's performances are due to a tremendous fund of native energy. Instead of avoiding resistance and getting the maximum relaxation, fundamental principles in all speed swimming, Borg fights the water from start to finish. He abandons himself to a headlong determination. Like Nurmi, he is an uncanny judge of pace and swims at the same rate the entire distance.

Borg states that his heart, examined by physicians in Sweden and the United States, is abnormally large, almost the size of the heart of a horse. Otherwise it is absolutely normal and healthy in every respect. This explains in part the source of his enormous energy, his achievements in spite of violating theories of form, and why he performs best at long distances while leaving the sprint field to Weissmuller.

Resolutions Adopted by the American Football Coaches' Association  
Hotel Pennsylvania, New York City,  
December 28, 1925

1. Recommended that a committee to be called a Stabilizing Committee be included in the Constitution.

2. RESOLVED that no person who is actively associated in any capacity with a professional football team after September 1, 1926, will be eligible for membership in the American Football Coaches Association.

3. RESOLVED, that it be the sense of the American Football Coaches Association that its members co-operate in every way in connection with the proposed Camp Memorial.

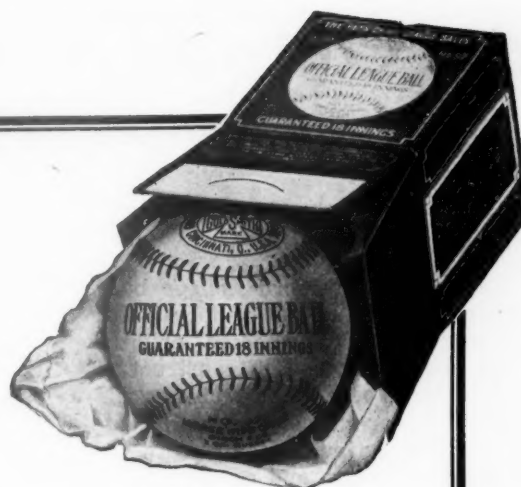
4. RESOLVED, that it be the sense of the American Football Coaches Association that organized football practice be restricted to two hours daily and start September 1, except where college opens before that date. At the same time we wish to go on record to the effect that these, as well as many other progressive moves, are made impractical at present by the absence of any organized conference for athletic purposes, particularly in the East.

5. RESOLVED, it is the sense of the American Football Coaches Association that its members do not select All-American or All-Star teams.

6. Whereas, football has been developed by the schools and colleges as an amateur sport and whereas the football coaches believe that the game should be maintained and developed as a means of contributing to the educa-

(Continued on page 33)

## THE PEER OF ALL



Goldsmith Official League Ball No. 97  
Guaranteed Eighteen Innings

Official for use in all professional, semi-pro and amateur games. Conforms to the official specifications. A ball that's right from core to cover.

Retail Each . . \$2.00



# GoldSmith



## BASE BALL UNIFORMS

Worn by major and minor league teams everywhere Base Ball is played. Carefully tailored throughout of the finest quality flannel, that contains the fit, style and appearance desired by every team. Priced from \$30.00 to \$7.25.

Our Base Ball Uniform Catalog and Spring and Summer Sports Catalog contain full descriptions and prices on Base Ball Uniforms and all equipment necessary for Spring and Summer Sports. A copy can be secured at your dealers, or if he can not supply you with Goldsmith Athletic Goods, write to us and we will see that your wants are taken care of.



The  
P. Goldsmith  
Sons Co.

Athletic Goods Manufacturers  
Cincinnati, Ohio,  
U. S. A.

# An Out-of-Door Board Running Track

*A Board Track Out of Doors Is a Splendid Substitute for the Modern Athletic Field House*

By A. W. Haddleton

Last year Haverford College built for winter use an out-of-door board running track. As some original ideas were embodied in construction and design, a few of the problems met and solved are herein set forth for the consideration of directors of physical education and coaches. Primarily the track was built for members of the track squad but it has been used considerably by the gymnasium classes.

Climatic condition is a big factor in the development of a track team with its schedule ending in late May. The all year round training condition is in a large measure responsible for the uniformly good California teams. A winter spent in Florida has convinced the writer that weather conditions there, with good coaching, should produce well balanced teams. Further north on the eastern coast, from Atlanta to Philadelphia, much all year round outside work can take place. Northward from New York to Boston, the only satisfactory training for all seasons is the slower cross-country running. This may also be stated as true of sections of high altitude at points south. Weather around the freezing point is productive of either sloppy or rough hard footing which hampers fast work. In the spring the thaw leaves inches of a muddy consistency on a cinder path.

The modern athletic field house, of the type in the larger universities in the mid-west, is a particularly good idea. It permits all field men to practice, and gives the runners a protected cinder path. Haverford College, like many small institutions, does not possess such a field house. A good gymnasium permits some time for conditioning work of the track squad, but not nearly enough, as gymnasium classes and basketball take up much of the time. This fact convinced the

---

*Mr. Haddleton, track coach at Haverford College has spent a great deal of time in studying plans for an out-of-door running track, suitable for winter training purposes. The Journal requested him to pass on his ideas and the result of his experience to other coaches. [Editor's Note]*

---

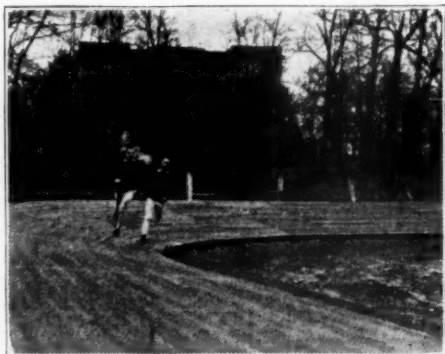
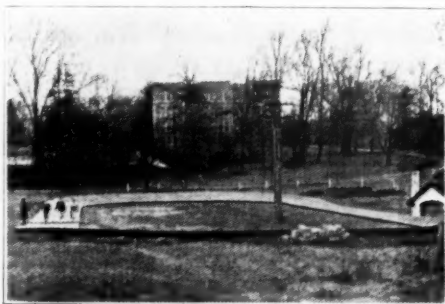
college that there was a real need for a board track.

In searching for plans for the track, opinions were found to differ so greatly with respect to plan of design, materials, cost, etc., that the final result represented an independent solution to the problem of construction. The old Mechanics Hall track in Boston, thirteen laps and some odd yards to the mile, was first considered. Sharp corners discarded this plan. The old University of Pennsylvania track, the Princeton track and the track on the roof of Wanamaker's Philadelphia store were considered, the first two being built in sections used in the winter and stored under cover the rest of the year, and the last being permanently laid. The Haverford plan developed

into a track twelve feet wide, twelve laps to the mile, the surface grade being mathematically worked out by Professor O. M. Chase to hold an inert body moving at the rate of one mile in five minutes and twenty seconds. The construction itself was handled by R. J. Johnston, superintendent of grounds and buildings.

In view of our situation, it was thought best to have a permanently laid track, and in early December, 1924, grading of a suitable piece of ground was undertaken. There are several advantages of a permanently laid track over a portable one in our case, viz., 1: Location—The site chosen is very near the gymnasium, well sheltered from wind and with good drainage. Had a portable type track been constructed, it would have been placed on a field (bleak in winter) used for baseball in the spring and would have interfered with early baseball practice. 2. Labor—With a permanent track repairs may be made as a rule when help is available. A movable track, besides repairs, requires considerable labor in the fall to set in place and in the spring to remove and store away. 3. "Life" of track—A permanent track may be of heavy type construction, engineeringly underpinned, assuring fixed running surface. A movable track often depends for its steadiness on being frozen in, and may be rendered unstable by spring thaws, creating the danger of bad falls to the runners; in removing and setting, sections are strained and parts are often lost during storage. If space be available a permanent construction, creosoted annually, and underpinned so as to allow air circulation and minimize chances for rot, seems to be an economy in the end.

The "Haverford Bowl," as the students have dubbed our board track





because of its appearance, permits a varied program of events—novice, handicap and scratch contests as well as exciting inter-dormitory relay races. Our longest dash is thirty yards with four lanes. In the future, if interest warrants it, a separate straightaway, eighteen feet wide and at least forty yards long, will be added. A plan to incorporate a straightaway with the oval track was considered at the time of construction and deemed inadvisable because of the complication in grades and construction it involved.

Running out of doors is far more healthful than indoor running; there is no comparison between the slower gymnasium track—many laps to the mile—canvas covered, sharp and concave cornered, and the good outdoor board track, over which the athlete's indoor spikes hit the banked corners at a high rate of speed. The usual gymnasium track should be regarded merely as an exercise track, not suitable for fast work. It hurts the stride of a sprinter and is by no means good for a distance man. The use of canvas shoes on a soft padded surface has a tendency to develop flat feet. Experience has convinced track coaches that hard indoor training over a small track in a heated gymnasium, makes many a boy go stale by the time spring is at hand. "Running indoors has a tendency to tear down, while outdoor work builds up" may be said of an equal training schedule.

Even in the severest weather, boys clad in sweaters, long woolen drawers or sweat pants for leg covering over running suits, with gloves and a cap, plus indoor spikes, get workouts. It is better for an athlete to be overclad than to be "tough." Being underclad results in "shin-splints," largely due to the legs perspiring and becoming chilled. Even the worst snow storms seldom hold up the use of an outdoor track for practice more than a day or two. Sleet and ice are the most formidable foes.

Specifications of Haverford Track

**Grade**—On outside of straightaway, height is 4 in. to within 30 ft. of each end of straightaway, then rises to 40 in. as plan denotes.

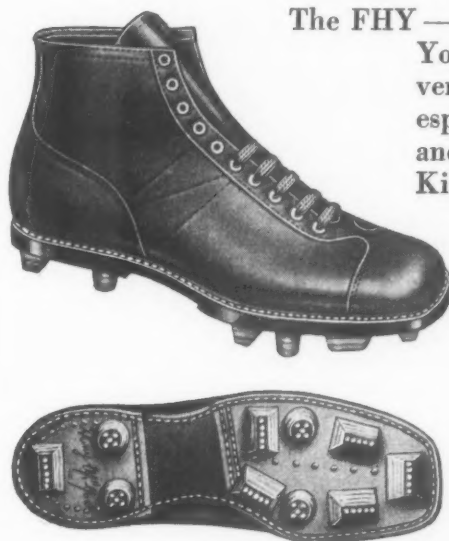
**Sections on Corners**—Approximately 9 ft. inside and 12 ft. outside.

**Material**—Flooring, 3x1½ in. Western edge grain fir was used; cross beams, 12x8x2 in. Western fir.

**Stringers**—8x3 in. long leaf pine timbers were used. Instead of three lines of stringers, only two lines were used, placed approximately 18 in. from outer and inner sides of track. Material was all creosoted.

Track has been raised onto 15x9x9

## Wright & Ditson - Victor "Hurry-Up" Yost Kicking Shoe



The FHY — Designed by "Hurry-Up" Yost, Head Coach of the University of Michigan, is built especially for the Punters and Drop and Placement Kickers.

*Write your dealer for sample of these Shoes, or address any of the stores listed below.*

The last for this shoe is designed primarily for kickers, and with this feature in view, a wide square toe with a Sole Leather End Box, fitted to the end of the shoe, is set flush with the outsole, giving a perfect and positive kicking surface, which is so essential in Drop and Placement Kicks.

The top part of the shoe at the toe is designed so as to allow for perfect control in Punting, which is not possible with a rigid toe.

The FHY is made out of the highest quality Genuine Yellow Kangaroo Skins, fully reinforced with wide Boot Web Stays, scientifically placed. Our Special Steel Temperate Plate is inserted between the outside tap and outsole, which prevents warping when wet, and holding cleats on the shoes under all conditions.

Extra quality Sole Leather Tap and Lift, with full Chrome Outsole, which are guaranteed against breaking or ripping.

This shoe is made with the latest Sprinting Type, with our new cleat arrangement—"Pat. Appl'd For." This is a combination of regular 6/8" cleats with 6/8" conical mud cleats, so placed as to eliminate mud clinging on the bottom of the shoe on muddy fields, but fully as effective on dry fields.

## Wright & Ditson - Victor Co.

NEW YORK

CHICAGO

SAN FRANCISCO

Wright & Ditson  
Boston, Worcester  
Providence, Cambridge

Wright & Ditson of  
Canada, Ltd.  
Brantford, Ont., Canada

Whitney Sporting Goods  
Co.  
Denver, Colorado

**The Division of Physical Education  
University of Iowa**

***Announces***

**NEW, ADVANCED  
COURSES**

to be offered in

**ATHLETICS AND  
PHYSICAL EDUCATION**

during the First Term, Summer Session, 1926

Football, Advanced .....Ingwersen  
Basketball, Advanced .....Barry  
Track and Field Athletics, Advanced.....  
.....Bresnahan  
Seminar in Physical Education.....Belting

These courses will be offered *in addition to* the courses in Football, Basketball, Track and Field, Administration of Physical Education and Athletics, and twenty-two other courses in Athletics and Physical Education which were offered during the summer of 1925.

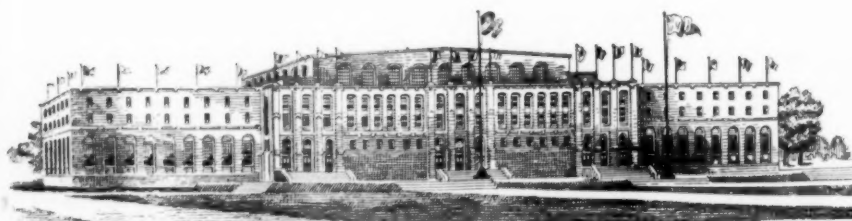
**Registration Begins Thursday, June 10**

**Classes Begin Monday, June 14**

**Classes End Friday, July 23**

*For further information and illustrated,  
descriptive catalogue, address:*

**P. E. BELTING,**  
Iowa City, Iowa.



in concrete blocks, split in two so as to allow air circulation and to keep dry.

Boiler ashes have been placed only on the pole side of the track, giving a 3 ft. wide shoulder 3 in. under the pole level, so that a runner will not get a bad fall, in case of a slip or push.

Ashes have been kept away from the wood to prevent rot.

*Cost*—Due to local conditions, the cost of the track has been approximately \$2,200. At least \$400 has been spent for grading, the rest for material and labor. With an outside contractor, the track probably would have cost \$2,800.

**An Analysis of the Bas-  
ketball Plays of the  
February Issue**

An examination of the eleven basket-ball plays diagrammed in the February number of the JOURNAL reveals the fact that the plays are of three general varieties, namely, regular, offensive attack, out-of-bounds plays, and tip-off plays.

The plays, diagrams 1, 2, 3, 5, 7, 9 and 10 that fall under the heading of regular offensive attack compose seven of the eleven plays. Diagrams 2 and 9 are designated as out-of-bounds plays but since they start at the opponent's end line, they are not properly out-of-bounds plays. There is, however, one out-of-bounds play diagram 4. There are three tipoff plays, diagrams six, eight and eleven.

We find then under regular offensive attack seven plays, one out-of-bounds play and three tip-off plays. These figures as to numbers of plays under each heading represent rather well the relative importance in basket-ball of the three varieties. Although most of the forty minutes of a game are spent in scrimmage, tip-off plays and out-of-bounds consume very little of the playing time.

If our premise is correct, then most of the practice period should be devoted to work that will make the players more proficient in scrimmage, both offensively and defensively. Out-of-bounds plays should be limited in number and should not consume time that would better be used for scrimmage features. Tip-off plays are important both from the offensive and defensive angle. Basket-ball games disclose one of three conditions relative to the tip-off plays. Your center controls the ball; the opposing center controls the ball or the control of the ball is indefinite.

Teams should of course be prepared to meet any one of the three conditions, either for any advantage



or at any rate to prevent being placed at a decided disadvantage.

Four of the plays diagrammed, namely, 1, 2, 5 and 9 indicate that the originators assumed that the five man defensive formation will remain intact. That is that the three men in the front line will not pick up an opponent after two offensive men had gone through. The plays show some complicated manouvering in front of the first line of defense in each diagram. When a five man defense allows three men through for two guards to cope with, the obvious thing to do is to get the ball to the uncovered man of the three and assume that the three can score against two defensive men. Against such a defense, the guards should work to get the ball through to the odd man. This is a simple assignment and should be attacked in a simple direct manner. The tendency in basket-ball among the better teams is towards cleverness, in passing, in bluffs and in fast cuts. The vogue for process basket-ball is passing out. By process basket-ball we mean a definite sequence of plays that must be gone through regardless of the situation. Such systems are hard on the players physically and not difficult for a defense to meet. Among some forty teams, from all parts of the country, not one team at the Stagg National Interscholastic Tournament used a pivot and block style nor any other variety of the process system of play.

Diagram three depicts a play that uses the principle of the flying wedge. The dribbler is flanked on each side by an interferer and preceded by a third interferer. If one or two defensive players should place themselves directly in front of this formation, the dribbler would either have to hesitate or change his course, otherwise the interferers would commit the foul of charging. Diagram ten also provides for an interferer.

Football acquired the forward pass from the game of basket-ball and thereby the game was improved, but basket-ball would not be basket-ball with the principle of interference adopted. It is to be hoped that this tendency is not general.

The one real out-of-bounds play is shown in diagram four, real because it is played at the team's own end line. Player number two is used to block off number three of the defensive team. The probabilities are that he would merely succeed in drawing defensive five on to offensive three, who is the key to the play. Defensive four should follow offensive one and thus cause a jam involving himself, defensive two and offensive three and



The following  
well-known players  
use and endorse

### D&M Gloves and Mitts

Joe Judge  
Wally Pipp  
Walter Holke  
George Kelly  
"Muddy" Ruel  
Wally Schang  
Babe Ruth  
Ray Schalk  
Ivy Wingo  
Dave Bancroft  
B. Meusel  
E. Meusel  
Bill Kamm  
Howard Ehmke  
Walter Johnson  
Stanley Harris  
Sam Rice  
Frank Frisch  
Aaron Ward  
Max Carey  
Herb Pennock  
Bernie Friberg  
Waite Hoyt  
"Stuffy" McInnis  
Hugh McQuillan  
Roger Peckinpaugh  
Vic Aldridge  
Joe Dugan  
Zach Wheat  
Walter Lutzke  
Miller Huggins  
Leon Goslin  
George Mogridge  
Rogers Hornsby  
Grover Alexander  
Heinie Groh  
"Pie" Traynor  
Hank Gowdy  
Billy Southworth  
and many others

Send for our new  
Base Ball Uniform  
Catalog

## Complete Base Ball Equipment

YOUR local D&M Dealer can supply you with BASE BALLS, GLOVES, MITTS, MASKS, UNIFORMS, PROTECTORS, SHOES, BATS, BASES, in fact everything for the great game.

And here's something to bear in mind when purchasing base ball goods

—nine out of every ten  
players in the Majors use  
D&M Gloves or Mitts

MAX CAREY, leading base stealer of both  
Major Leagues, invented and wears

The D&M Max Carey  
"No Strawberry" Sliding Pad

THE BEST PAD on the MARKET for COMPLETE  
PROTECTION and WEARING COMFORT

Send today for our Spring Catalog, Official  
Rule Book and illustrated folder "HOW TO  
PLAY THE OUTFIELD and STEAL BASES"  
By Max Carey, Captain Pittsburgh Pirates.

THEY'RE FREE

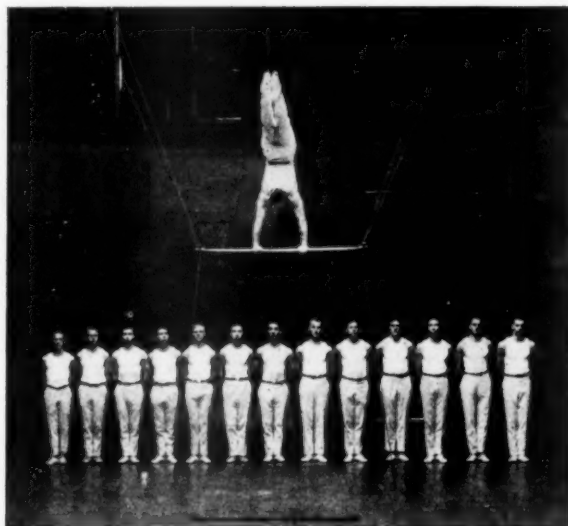
If there is no D&M Dealer handy write direct to us

## THE DRAPER-MAYNARD CO.

Department J

PLYMOUTH, N. H., U. S. A.





**Int'l Y. M. C. A. College**  
**Springfield, Massachusetts**  
**Summer School of Physical Education**  
*and*  
**Athletic Coaching**  
**June 28 — July 31**

Plan—Intensive double period courses giving full credit toward degree.  
 Courses elective, tuition according to courses taken.  
 Certificates given for work completed.

**Courses—**

Master's Degree—Courses for alumni and properly qualified teachers, leading toward the Master's degree in Physical Education (M. P. E.), General Education (Ed. M.), and Humanities (M. H.). Also Bachelor of Science (B. S.)  
 Public School Course—A four-year program for teachers in the public schools, leading to a Summer School certificate.  
 Y M C A Course—A four-year program for Y M C A Physical Directors, leading to a Summer School Certificate.

School of Athletic Coaching—Two halves; June 27-July 15; July 15-31.  
 Football by Roper of Princeton, assisted by Witmer, line coach  
 July 15-31.

Basketball by Dale Lash of Wesleyan University and Witmer of Princeton. Both halves.

Baseball by Berry of Springfield, with movie pictures and special lectures by Leslie Mann, Boston Braves. Both halves.

Soccer by Affleck of Springfield  
 June 28-July 15.

Boxing and Wrestling by "Spike" Mooney of Ohio State University.  
 Both halves.

Track by Paul Otto of University of Virginia.  
 Both halves.

Football "Jamboree" July 27-31

Special four-day football conference, lectures, demonstrations, round table discussions. Eight to twelve hours daily, led by Roper and Witmer of Princeton, Jesse Hawley of Dartmouth, "Tuss" McLaughry of Amherst (going to Brown) and other authorities.

*Information Address*

**Elmer Berry, Ed. D.,**  
 Director Summer School

four. Timing and the conduct of the defensive players would determine the success of this play. Diagram seven contains a feature that deserves a word. In this play number two dribbles up to the first line of defense, turns back to pass to the trailing guard. The other forward and the center break as the pivot is made. Number two breaks after he has passed. This play throws three men through and gives the defensive man little time to decide which players to cover. If a defensive man selects the wrong opponent, the result will be a score. Such an explosion method has considerable merit.

The plays carried in the February number of the JOURNAL uniformly provide for setting the defense in case the play goes wrong. In fact several of the originators, in their explanations spoke of provisions for a defensive if the play should be broken up by the opponents. A number of plays that appeared in earlier issues of the JOURNAL were built with a total disregard of any provision for a defensive in case of mishap. If these criticisms on the diagrammed plays have caused coaches to realize the importance of a defensive provision in arranging play, then the JOURNAL has rendered a service by having the defects in the plays pointed out.

The first critique was rather severe in this writer's judgment, but perhaps his points of criticism required some sting.

### Basketball Survey

The following extracts from high school coaches are of interest in showing the types of basketball being played this year in different states:

R. H. Holt, coach of the Grand Junction, Colorado high school team writes:

"In reference to your basket ball survey which was mentioned in the February issue of the JOURNAL, I have answered the questions as follows. My high school basket ball team has just completed its conference schedule without losing a game, and will represent this league in the western Colorado tournament at Delta, Colo., in March. The winner of this tournament will enter the state tournament in Boulder a week later.

"Defense:—Most of the teams we encountered played the set five man defense in which each man played a zone. This type seemed to be popular here and was fairly successful in most cases. My team uses the set five man defense, with three up and two back, and in which each man plays an opponent.



## Basketball Survey

"Offense:—The type of pass most commonly used was the short, underhanded pass with the long pass variation.

"Few teams featured the pivot, although my team had it down fairly well, in fact the ability of my offensive men to pivot and pass or shoot was the main reason for their success this year. Few teams used the body check.

"Most teams played the ball although in a few cases some did play the man.

"General:—There is a wonderful improvement in sportsmanship as evidenced in practically all of the schools. There is a prevailing custom in this part of the state for the home team to give entertainment, such as small banquets to the visiting players. As a result the last few years have seen a change for the better in sportsmanship.

"The officiating is constantly showing an improvement, consequently most of the teams are playing cleaner basket ball and showing a healthy respect for the rules. In fact I have a class on rules each day for ten minutes during my practice and as a result this year out of fourteen games played my team has averaged only a little over three fouls to the game or a total of 54 fouls.

"Basketball is increasing in interest as shown by the fact that the crowds are larger than ever before in this locality."

Clarence Abrams, basketball coach, Withrow High School, Cincinnati, Ohio, offers the following observations regarding the types of basketball offense and defense which his teams met this year:

"The three and two man defense in which each man plays a zone and then shifts was used most frequently. A combination underhand and chest pass was very popular. The teams which we played used the pivot and played the ball but did not do much body-checking. I noted a great improvement in the sportsmanship and an increase in interest in the game over previous years. The officiating was about the same."

Bernard S. Miller, Director of Athletics, High School, Sandusky, Ohio, writes the following very interesting letter to the JOURNAL:

"While most of our competition is confined to the Northeastern section of Ohio, I believe the teams in this section are representative of the various styles of play used throughout the State of Ohio. Most teams are inclined to use a man-to-man defense of the set man-to-man type. However, practically all of them have

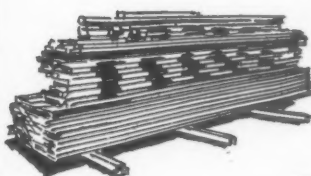


Every  
Director  
Manager  
and Coach  
Should  
have  
a copy

"They Rise  
to the  
Occasion"

Crowds can be well taken care of with Knock-Down Bleachers. Overflow crowds will not have to stand if the Knock-Down Bleachers are on hand. Only the necessary number may be put up, avoiding empty bleachers.

They can be taken down and put up quickly and easily—stored in small space and so will not depreciate as fast as permanent bleachers.



Get the full facts  
by mailing us the  
coupon at the right.

This book gives  
important facts

Complete detailed information is given in this book that is of vital importance to getting the most out of space and crowds.

Installations, specifications, set-up time, comfort features, etc., are all carefully dealt with.

This book should be of a great deal of value to you and you are welcome to a copy as long as the present edition lasts.

Do not neglect to send for it.

There is no obligation. Just clip and mail the coupon—now.

**KNOCKDOWN**  
TRADE MARK  
**BLEACHERS**

Leavitt Manufacturing Co.  
Department E, Urbana, Illinois

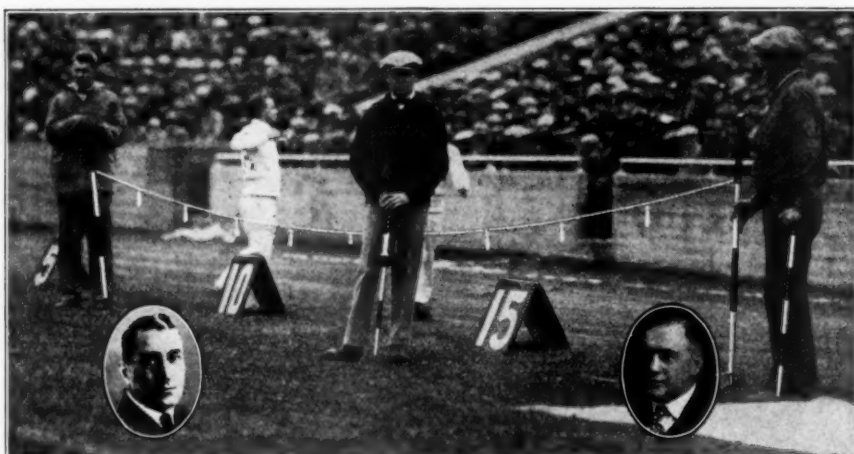
Please send me without obligation a copy of your book on Knock-Down Bleachers.

Name \_\_\_\_\_

Address \_\_\_\_\_

# Eckielipp Linesman Equipment

*Scientific equipment for the modern game*



*Eckielipp Sticks in Use at Illinois-Michigan Game*

## Visible

Each unit is painted alternately red and white in the same manner as surveying equipment, which is designed to give the highest visibility possible. The targets on the upper chain, at intervals of a yard, are large and painted a durable white with the target marking the five yard point painted red and white.

The "down recording box" has a special paint job designed to show the numbers clearly and legibly.

## Accurate

No more guess-work on the part of the referee or quarter-back, as to the

EXACT distance to be gained on any given down. Added enjoyment to the spectator who can tell exactly, position of the ball after each down, and the number of yards to be gained. Avoids unnecessary delay of the game.

## Durable

Two strong, light chains. Double assurance against breaking. Sticks of steel and brass tubing perfectly balanced and of minimum weight consistent with *durability*. Special all weather paint job. Equipment will last for years.

## Used at

University of Chicago

Northwestern University

University of Notre Dame

Soldiers' Stadium, Chicago

Also by other colleges, high schools, and academic teams

Scientifically constructed, to engineering standards, of steel and brass, with non-rustable, non-kinkable chains.

*Handled by leading sporting goods  
houses throughout the country*

**Athletic Specialties Co.**  
11 N. Green St., Chicago

a preliminary defensive line-up resembling the three up and two back formation. Combined with this type of play, there were two or three instances of a man-to-man defense all over the floor; the strategy of this, of course, is to break up a set attack on defensive formations.

"There is quite an attempt made to build up set offensive attacks against five man zone defense and man-to-man defense. It seems to me there are but few teams who stress any particular type of floor play. By that, I mean more emphasis is placed on out-of-bound plays against a set defense; out-of-bound plays in the offensive territory rather than a development of, for example, a rolling offensive or a long pass attack. There are two types of passes in evidence—the chest shove pass and the bounce pass; the latter being most effective when of the long type. Few teams featured the pivot; depending more upon their ability to fake. The body check is much used, and it is my opinion there is too much attempt to play the man rather than the ball.

"Generally speaking, there is an improvement in sportsmanship this year, and this, combined with more intelligent officiating, certainly has placed basketball on a higher plane. Judging from the increasing attendance and the discussions given over to basketball, one cannot help but realize the growing interest in the game on the part of the public."

Mr. Loyal P. Thomas, coach of the Norfolk, Nebraska team, has analyzed the basketball situation in northeast Nebraska as follows:

"Basketball in Northeast Nebraska.  
"A—Defense:

"The majority of teams met by Norfolk High School thus far in the 1926 season have employed the set five man defense with three up and two back where each man plays an opponent. One or two of the teams have used the three and two defense in which each man played a zone.

"B—Offense:

"Most of the teams used the short pass criss-cross attack. A few teams used the pivot as a means of keeping the ball away from an opponent but rarely as the revolving attack to get the ball down through the first line of defense. Pivoting was very noticeable in the better coached teams and very effective. Most of the teams did not use the body check, only those using the pivot as a part of the offense. There was very little playing the man on the better coached teams but most of them played the ball. In a few cases teams playing on a large floor that were accustomed to a small floor, found it difficult to refrain en-



tirely from playing the man.

"We noticed a very marked improvement in sportsmanship especially on the part of the student body but not always on the part of a few of the town rough-necks. In Northeast Nebraska the supply of competent officials is small. We are making an attempt to have an 'Approved list of Officials,' based upon the answering of a questionnaire, organized and from which we may select officials. The interest has increased in this section to a marked degree. Attendance has almost doubled at the Norfolk High School games."

H. L. Hamilton, basketball coach, Bridgeport, Illinois, reports as follows regarding basketball in southeastern Illinois:

"In answer to the questions asked in the February ATHLETIC JOURNAL, I am submitting the following with respect to our section of Illinois (Southeastern):

"A—Defense:

"1. The roving man for man defense was used by one team.

"2. A set five man defense with three up and two back, each man playing an opponent, was the prevailing type of defense used.

"3. A set five man three and two in which zones are played was used by three of our opponents.

"4. In this section there are no other types of defense that are used to any great extent. However there are one or two teams that use what might be called a three line defense, two back, two about the center and one trying to force the play.

"B—Offense:

"The short pass is most commonly used.

"1. A few teams feature the pivot. I notice that the pivot is being used in this section more and more, also that the boys are using it wisely.

"2. They use the body check very little.

"3. Most of the teams play the ball.

"C—General:

"1. I believe that there is an improvement in sportsmanship.

"2. The officiating shows a decided improvement.

"3. Basketball is increasing in interest."

Mr. Homer E. Crooker, basketball coach, Berwick Academy, South Berwick, Maine, has analyzed basketball in his section as follows:

"The set man for man defense and the set five man defense with three up and two back where each man plays an opponent was used most frequently by the teams in this section this year. They are just beginning to feature the pivot and use the body-

(Continued on page 33)

# Think It Over Now!

Your Alma Mater owes a duty to those earnest lads whose fighting hearts win glory for her on the football field.

## Rawlings-Zuppke (Improved) Football Equipment

gives those boys the protection they deserve. Parents approve its splendid safety features. Athletic directors and coaches from coast to coast have proved its worth in doctor bills saved.

## Winning Teams Keep First String Men in the Game

For the players' sake, for your peace of mind and for the sake of keeping your full strength in the field ask the Rawlings salesman about the Rawlings-Zuppke line. Wait for him, he is on his way to see you now.

### RAWLINGS- ZUPPKE EQUIPMENT

protects without loss of speed. Knee, hip, shoulder and kidney pads; also patented "Won't-Come-Off-Head-guards" are important features.

Made in America



For American Athletes

# RAWLINGS MFG. CO.

2301 Lucas Ave., St. Louis, Mo.

### MASTER THE METHODS OF WORLD'S BEST SWIMMERS

Now that the indoor swimming season is under way, you can get down to a scientific study of the sport. Close observation of method, effort and result, impossible outdoors, is easy in the tank.

For a guide from one stage to the next in progress to effective form, you need the text book of Coach William Bachrach of the Illinois Athletic Club, producer of John Weissmuller, Sybil Bauer, Robert Skelton, Ethel Lackie and a long line of world's champions.

This book, an illustrated encyclopedia of the sport, offers you the full exposition of Bachrach's scientific system, from beginner to record breaker. It is now offered to you at less than the price you might pay for one personal lesson.

### "THE OUTLINE OF SWIMMING"

By William Bachrach, I. A. C.

Two Hundred Twenty-four Pages, Forty Chapters, Hundred and Thirty Pictures—Complete in One Volume

SECOND BINDING—REDUCED PRICE

Sold Out That's the word on the first binding of William Bachrach's famous book, THE OUTLINE OF SWIMMING. The entire supply exhausted and



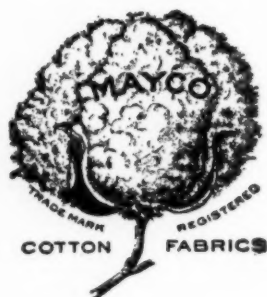
orders still coming in at \$5.00 a copy for the special fabric-leather binding.

Now comes the second binding, exactly the same as the \$5.00 issue, except the cover. This is in blue cloth, fine and attractive, but more economical. It makes possible a reduced price of \$3.00 a copy to those who act quickly.

"Especially adapted to the use of the teacher of championship swimming contestants. Gives suggestions on all the strokes, and the chapter on 'Secrets of Psychology' is valuable. Interesting and profitable reading."

—American Physical Education Review.

SEND YOUR \$3.00 TODAY  
By Check or Money Order to  
MIDLAND-CHICAGO SERVICE  
35 S. Dearborn St., Chicago, Ill.



We are now offering

**MAYCO  
DOUBLE-DRI**

and

**NAME-IN  
TURK TOWELS**

direct to

**Universities, Schools  
and Colleges**

*Any accredited coach or athletic  
director may have a sample com-  
plimentary towel on request.*

**Theodore Mayer &  
Company**

*Cotton Fabric Producers*

**323 S. Franklin St.  
CHICAGO**

## PRINCIPLES OF FOOTBALL

By John W. Heisman

REVISED EDITION, 400  
Pages Bound in Cloth.  
Nineteen Photographic Il-  
lustrations. 50 Useful Dia-  
grams. Price, \$5.00 Post  
Paid.

*Sole Distributors*

**RAWLINGS MANUFACTURING  
CO.**

23rd and Lucas Avenue, St. Louis, Mo.

# Basketball Offense in Indiana

By Everett N. Case

## Basketball in the Indiana High Schools

Basketball in the Indiana high schools has made rapid strides during the past few years, and it has been interesting to watch the different styles used by the leading scholastic teams. The majority of the Hoosier quintets sacrifice defense for offense, and the games result in top heavy scores, as in some recent games: Martinsville 53; Anderson 31; Frankfort 86; Columbus 32; Connersville 62; Rushville 25.

The success of a basketball team depends almost entirely upon the strength of its offense. A team may have a strong defense, but it cannot win games unless it has ability to score baskets. There are a great many styles of offense used, but the coach must decide his style of play according to his players and the material.

Possession of the ball is the prime factor. Before selecting an offense, however, a team must be well versed in fundamentals, which fact alone is the secret to success and championships.

A slow, deliberate style of play—keeping possession of the ball, and watching for the breaks—has proved very satisfactory. A coach must decide whether or not he prefers the "quick break," getting the offense started before the opponents' defense is formed, or whether he prefers to let the opponents' defense form, and then work through it by a system of set plays.

The short pass, cross and pivot attack will bring results in any high school, if enough time is available to develop this style. The principles of this system are fundamentally sound.

When the back guard takes the ball from the opponents' bank, he should never cross-pass beyond the median line, but should always pass out on the side from which he takes it off the bank. The idea here is to get the ball out of the danger territory, and a fairly long pass out to the side will accomplish this. There is too much danger of interception if the passes are made cross-wise of the floor.

As soon as the guard has taken the ball off the bank, a forward and center breaks to the side. The first pass

should be fairly long, and should carry the ball to the advance territory. The ball should be taken up the same side of the floor on which it started, and then the short pass system begins.

Pass, pass, pass should be the watchword when the players get past the center of the court, breaking in toward the ball and never running away from it. The players should break ahead and receive passes. If they can't break ahead or in front, they must break behind. It all depends upon the conditions of the opponents' defense.

Always break—don't run in circles or straight lines, but break in and out. The pivot should be used a great deal when opposition is met. This involves a three man offense with the floor guard trailing the play, so that if opposition is encountered, the ball can be passed back to the guard. If his teammates are closely guarded, then he can come through fast, while a teammate takes his place.

The following methods are given to develop the short pass style of play:

A—Take three offensive men, and number the left forward one, the center two, and right forward three. Place them in the center of the floor. Two has the ball, and makes a short underhand pass to one, who breaks directly in front of him. Two cuts behind one. Three cuts toward one and receives the ball. Work to the basket by this method, always remembering to break in and out.

B—Take the same three men and have them advance the ball by the method as described in A. Use a floor guard trailing the play as the fourth man about ten feet back. If the first three men are stopped, then the guard comes crashing through and the swirling, passing attack is continued. The men must keep bunched.

The players should be allowed to take their time in developing this passing. They should be praised for good passing, and not for shooting. This will make them concentrate on the pass.

The short pass system will take a long time to develop, but will pay big dividends in scores.



## Basketball Survey

(Continued from page 31)

check but are playing the ball much more than in previous years. There was an increase in interest in basketball this year and the officiating showed improvement."

Mr. Cloyd E. Brown, coach of the LaGrange, Wyoming high school, writes as follows:

"The type of defense most used in Southeastern Wyoming seems to be the five man for man defense with three men up and two back. The zone type of five man defense is also used to a certain extent by some teams. The guards and the center line up in front almost invariably and then the first man to come down is followed by the person on whose side he comes.

"The type of pass most common is the 'hook' pass and the passes are mostly overhead. The passes are practically all short passes. The pivot is not highly developed here. The body check is used some but many fouls are called because of an attempted use of it. Many of the teams play the man or have a few players who do. Most of them play the ball.

"There is an improvement shown in sportsmanship this year and a very decided improvement is shown in the officiating of the games. The officiating is generally uniform in this part. Basketball this year is increasing in interest in this particular community."

## Resolutions

(Continued from page 23)

tional life of the nation in its broadest sense, be it therefore

RESOLVED, that this Association go on record as opposed to any developments which may tend toward the commercializing and professionalizing of the game in the educational institutions of the country, and be it further

RESOLVED, that the coaches here assembled oppose in principle the scheduling of games with institutions that do not uphold the high amateur standards.

**ATHLETIC  
COACHES**

**Quality  
Positions**

Leading Colleges, State Normals, and Secondary Schools ask us to recommend specialists in Athletics and Physical Education. More than half of the State Universities have selected our candidates. May we assist you? Directors, report your vacancies to us. Details gladly given.

Specialists' Educational Bureau  
Odeon Building St. Louis, Mo.



## Football Is a Serious Business

And unlike most businesses, the football fiscal year begins in March. Coaches everywhere are checking up their equipment and wondering how they can buy everything they will need for next fall and still stay within their appropriations.

The Reach Football Line for 1926 is absolutely complete and built in accordance with the same standards of quality which have made Reach Equipment popular with players for more than half a century. And the prices will help the coaches solve their financial problems.

**A. J. REACH COMPANY**

Tulip and Palmer Sts., Philadelphia

World's Largest Makers of Quality Athletic Goods

Brantford, Ont., Canada

Pacific Coast Representative

Phil B. Bekeart Co., San Francisco

**Reach**  
**ATHLETIC GOODS**

# A Few Suggestions in Baseball

By W. Guy Morrison

It would be impossible in a short article such as this to dwell at length on many different phases of baseball. However, I shall discuss briefly some of the more important ones.

First of all in importance comes batting, because no matter how proficient we may be in other departments of the game, we can never win games if we do not make runs. Too many coaches fail to emphasize enough the value of this phase, devoting as much time to fielding as to batting, whereas at least three times as much batting should be done. In batting practice it is best to keep the squads small, not to exceed six, for by such a method, the men get to bat oftener. Allow each man of a squad to take six or eight turns at the plate, then let this squad go to the field and another come in to hit. It may be possible to change a number of times during a practice session. Have a set rule regarding how many balls each is to hit. In professional ball, prior to a game, the first time around, the men will usually hit two and bunt one. On the other trips to the plate they will hit three. This may be three fair balls, or three swings, whether they be fair or foul. In college ball it would be well to have the men bunt once each trip, since the bunt is used more in college. Have pitchers with control pitch in hitting practice. This will give the batters confidence in stepping into the ball and not make them "plate shy" as would a pitcher who is wild.

Every batter has his own particular style and no set rule can be made regarding the position at the plate. We see the slugger type such as Ruth who grips the bat on the end, stands in the rear of the box and steps forward putting his whole weight behind the swing. This type of batter is a long-distance hitter. Another type, Cobb, who stands closer to the plate and just opposite to it, chokes his bat, does not swing so hard but tries to place his hits. Cobb is perhaps the best place-hitter playing baseball today. He gets many extra-base hits but instead of trying to hit home runs he is placing the ball. Despite his thirty-eight years of age, he can mark off a space of fifteen feet anywhere in the infield and hit four out of five balls through this space.

In coaching beginners what position to use in batting, perhaps it would be best to have them stand about one foot

---

*Mr. Morrison was graduated from West Virginia Wesleyan College in 1917, where he won letters in all four sports and was the first man to win four letters at his college in one year. He served for eighteen months as an officer in the Field Artillery. He was athletic director at Moundsville, West Virginia, High School, at Bloomington, Illinois, High School, at Main Avenue High School, San Antonio, and is now athletic coach at De Pauw University. He played in the Three Eye League 1919-22 and was sold to the New York Giants in the fall of 1922.—Editor's Note.*

---

from the plate and just opposite to it, with the feet slightly spread. As the swing is made, they should take a short step toward the pitcher. A tendency is to make the step too long. This throws the batter off balance and there is no power behind the swing. Batters who stand with their feet well spread should not step as they swing. One rule regarding the position that always holds good is that the batter should be farther back in the box against fast ball pitching and up far to the front against curves and slow balls. The batter should be taught to watch the ball closely from the start of the pitcher's windup until it reaches the plate. One of the most important things for the batter to re-



W. Guy Morrison

member is to hit only at good balls. It is difficult to get a hit on a bad ball, and furthermore, it helps out the opposing pitcher. The batter should make them all strikes unless there is a play on and he is supposed to hit the next ball.

## Every One Should Be Able to Bunt

The bunt is a valuable weapon of attack and should be emphasized more in high school and college ball. How many games can we recall that might have been won, had there been a well-placed bunt, either as a sacrifice or a squeeze. The bunt will score a runner from third base and a sacrifice which advances a man to second will place him in position to score. It is good strategy to start bunting on a pitcher that the team is not hitting. It is also good strategy to bunt on a pitcher who is a little awkward and can not field his position well. Mathewson once said that five well placed, successive bunts would beat any large pitcher. Five well placed, successive bunts will beat any pitcher, regardless of his size, whether he be a good or bad fielder. Bunting keeps the whole infield on the alert. In bunting for a base hit, the batter must not make known his intentions until the last instant. For the right handed batter, it is rather hard to bunt and beat it out, although there are times when the third baseman is far back and a bunt will go safe. The left handed batter has an advantage in this respect, in that he is on the run as he hits the ball. He should try to "drag" the ball toward the second baseman and hard enough to get by the pitcher. A fast man who can bunt as well as hit can often keep the infield "crossed." If they stay back he can bunt, if they come in he can hit.

In bunting for a sacrifice the batter has one thing in mind and that is to advance the runner. He should first make sure of the bunt and then run. Too many batters, ordered to sacrifice are thinking more of a base hit than they are of advancing the runner.

## Squeeze Play

In the squeeze play the batter must stand at the plate and make sure of bunting the ball. He must "give himself up" and get the run in from third. There are two ways of playing the squeeze. One is for the runner on third to have a normal lead ready to



start for home as the pitcher delivers the ball to the plate. The runner should not start too soon nor give the play away, for if he does the pitcher will waste the ball, that is, he will make it wide so the batter can not reach it and the runner will be an easy out coming home. The other method is known as the safe squeeze. The signal is given and the runner on third takes his normal lead but plays safe, not starting for home until the ball is actually bunted. If the bunt is well placed the runner can score easily.

In bunting, the player should take the same position at the plate as he would to hit. As soon as the pitcher releases the ball, the batter should get into position to bunt. He should take a short step straight ahead and have the bat well out in front; his left hand should remain in position and his right hand should slide out to the middle of the bat. He should hold the bat lightly, not gripping it and should not swing. The bat at all times should be held parallel to the ground. In bunting toward third base, the bat should be held almost at right angles to the third base foul line, and in bunting toward first base, it should be held almost at right angles to the first base foul line.

#### Battery Strategy

Battery strategy is a thing we should not overlook in the coaching of our teams. The pitchers will have to be told *how* to throw the fast ball, slow ball and curve, but we must not stop there. They must be told *when* to throw each of these as one badly pitched ball often means the loss of an otherwise well-pitched game. There should be a pre-arranged system of signals to be used by the pitcher and catcher. These should be given by the catcher since he is in a better position to "study" the batter. There are times, however, when the pitcher may want to throw something different and the catcher will change the signal for another kind of pitch. The catcher knows where the batter stands, how he holds the bat, whether he hits flat-footed, takes a short or long stride, whether he steps "into the ball" or "pulls away" from it, and is better able to decide what to throw. At the same time, however, the pitcher should be studying the batter. That "two heads are better than one" holds true in this game the same as everything else.

There can be little strategy in this department if the pitcher is not able to put the ball where he wants it. Control is the most important requisite of a pitcher. If he can throw the ball



## Baseball Has Learned About College ..... From Him

"From College Diamond to Big League Fame" might well be the subject of George Sisler's baseball biography.

A great pitcher at Ann Arbor, he demonstrated marvelous versatility on joining the St. Louis Browns in pitching, playing the outfield, holding down first base and, for the last two seasons, also managing the team.

One of the great all-time hitters of baseball, Sisler relies upon the Louisville Slugger for the qualities of snap, balance and driving power demanded of a good bat.

For sixty years the Louisville Slugger has been the standard bat of baseball. On the College diamond, as in every organized league, ninety percent of the successful hitters will use no other brand. The genuine George Sisler model, and those of eleven other great hitters, branded for your protection with the player's fac-simile signature and the Louisville Slugger oval trademark, are part of our complete line.

HILLERICH & BRADSBY CO., Incorporated  
Louisville, Kentucky



## Books on Games, Athletics, Physical Education

<b>BERRY</b>	BASEBALL NOTES FOR COACHES AND PLAYERS. Illustrated.....8vo.	Cloth \$2.00
<b>BOWEN AND MITCHELL</b>	THE THEORY OF ORGANIZED PLAY.....8vo.	Cloth 2.40
	THE PRACTICE OF ORGANIZED PLAY.....8vo.	Cloth 2.00
<b>CORSAN</b>	THE DIVING AND SWIMMING BOOK. Illustrations and Diagrams.....8vo.	Cloth 3.00
<b>MATHER AND MITCHELL</b>	BASKET BALL—How to Coach the Game. Diagrams.....8vo.	Cloth 2.00
<b>MITCHELL</b>	INTRAMURAL ATHLETICS. Illustrated.....8vo.	Cloth 2.00
<b>STALEY</b>	INDIVIDUAL AND MASS ATHLETICS. Illustrated.....8vo.	Cloth 3.00
	GAMES, CONTESTS AND RELAYS. Illustrated.....8vo.	Cloth 3.00
<b>WEGENER</b>	TRACK AND FIELD ATHLETICS. Illustrations on Slow Motion Plan.....8vo.	Cloth 2.00
<b>WITTICH AND REUTER</b>	EXERCISES ON THE APPARATUS, TUMBLING AND STUNTS. Illustrated.....8vo.	Cloth 2.00
Illustrated Catalog giving Table of Contents of each book sent on request		

**A. S. BARNES and CO., Publishers**

7 West 45th St.,

New York

## It's Different!

### Improved T-Panel Ball

The Basket Ball that's round when new, and stays round in play. Every piece of leather is T-shaped, allowing equal stretch in every direction.

### *Schmelzer's* New "Half-and-Half" Basket Ball Uniform

The "Something Different" you've been looking for. Black on one side and white on the other — or any color contrast desired. Instantly popular. Write for special club and team prices.

*Schmelzer Company*

1008-9-10-12-14 Grand Ave.  
Kansas City, Mo.



## WANTED

The following issues are wanted to complete files:

February, 1922 .....Vol. II. No. 6  
September, 1922 .....Vol. III. No. 1  
December, 1922 .....Vol. III. No. 4  
January, 1923 .....Vol. III. No. 5  
May, 1923 .....Vol. III. No. 9

Readers who are willing to dispose of issues above are asked to write the Journal office, 6922 Glenwood Ave., Chicago.



## FOOTBALL CLEATS

Students now have chance to make \$\$\$ attaching Cleats. Standard size 7 1/2", four holes, 3-ply sole leather, \$3.50 per 100, \$32.50 per 1000. Nails 15c per package of 350 nails. These prices for short time only. Send for Free Sample.

**HAWKEYE LEATHER CO., Inc.**  
DES MOINES, IOWA

within a few inches of where he wants it, he will not give the batter any very good balls to hit, he can "stay ahead," take a chance, and conserve his strength, because with control he is not throwing unnecessarily. The pitcher should have a thought behind every ball, that is, he should make every pitch mean something.

To work hard on the first hitter every inning is good advice, and the old adage "get the first man and they are half gone" still holds good. Always make the first ball a strike but do not put it over the center of the plate. The lead-off man will often take the first strike; not always, however, for there are exceptions to all rules. With one strike on him the next pitch does not have to be so good. Make it a strike, try for a corner and do not give him anything good to hit. With two strikes you have him in a hole and he is now worried. You can afford to waste a ball. Make the next pitch bad. Not so far, but that he might hit at it, but far enough away that he can not hit it square. Even though this one is a ball, you are still ahead of him. With the count two strikes and one ball, try hard to get rid of him on the next pitch. Make it a strike but not a good one. Pitch to his weakness. If the count is two and two, make sure of the next one being a strike with plenty of thought and speed behind the pitch. If this should be a ball and the count goes to three and two, you, as well as the hitter, are in a hole, and the next one must be over the plate. He knows that if it is over the plate, he must hit it or be put out. He does not want to be called out on strikes and may go after a ball that is wild. But do not try to make him hit at a bad ball and take a chance on giving him a base on balls, unless he is an exceptionally good hitter and you have a weak hitter coming up next.

The pitcher must stay out of the hole, in other words he should stay ahead of the batter. He can do this only by having control. Study the batter's weakness and pitch to that weakness. Watch the opponents in hitting practice before the game, see what each batter hits well and what he does not hit so well. This will give you a good idea of how to pitch to each in the game. Without knowledge of the weaknesses of the hitters, there are certain rules we may adhere to that applies to batters with different stances and habits at the plate. For batters who stand close to the plate, pitch close, on the handle of the bat. This does not apply to batters who "pull" from the plate as they will be stepping into such a pitch. Pitch outside, high or low, to batters who



stand far from the plate. For the batter who swings hard, throw him a curve, or change of pace. If you do not know a batter's weakness, you are always safe in throwing a curve ball.

### Breaking Up the Squeeze Play

The pitcher is the only one on the club who can break up the squeeze play. With a runner on third base, none or one out, and the batting team ahead or not more than one run behind, expect the squeeze play. By watching the mannerisms of the batter and the runner on third base, the pitcher may be able to tell when they are going to try the squeeze as one of the men will often give the play away. When expecting the squeeze play the pitcher should take his regular wind-up slowly, all of the time watching the runner on third base. If the runner starts for home the pitcher should throw the ball at the batter's shoulders, if he is a right handed batter, or wide of the plate so he can not reach it, if he is a left handed batter.

Q.—What action did the N. C. A. A. take at its last meeting regarding professional athletics?

A.—The following resolutions will indicate the attitude of the association:

"Resolved, that the recommendation be made to all members of this Association that after September 1, 1926, no person be employed in any capacity who, after that date, may be at any time connected in any capacity with professional football.

"Resolved, that practice of football prior to the opening of the college year ought to be closely restricted, and that this matter be referred to the Special Committee of Five created by another resolution of this date.

"Resolved, that contests which have a setting and a motive which is primarily commercial are detrimental to the best interests of amateur sports, and that participation in such contests by members of this Association be discouraged. Further, that the said Committee of Five be asked to give consideration to this question.

"Resolved, that the two closely related subjects (1) the overemphasis on intercollegiate and interscholastic football and (2) the effect of the growth of professional football on the intercollegiate game, call for further and careful investigation, study and report; and for that purpose that a Special Committee of Five be appointed promptly by the president with the advice of the Executive Committee, such committee to report at the next annual conference of this Association."



**Are  
You  
Ready  
for the  
CROWDS?**

**B**IG crowds or little crowds—for any outdoor or indoor event—can be taken care of right away, seated comfortably, given a good view, on bleachers that are SAFE, economical and attractive in finish and proportions.

Circle A Bleachers can be bought in sections 16 feet long, as many tiers high as desired. You buy them as you need them, to fit the crowd; you add sections when you need them. They are quickly erected without tools or blueprints, and as easily taken down and moved.

The usefulness of Circle A Bleachers is multiplied many times by their easy portability. They can be used for every outdoor or indoor sport or exhibition. They are used by schools, universities, parks, associations, etc., throughout the country.

Send for "The Facts About Circle A Bleachers," to learn their method of erection, many safety features, etc.

**CIRCLE A PRODUCTS CORPORATION**

550 South 25th Street

Newcastle, Indiana

**CIRCLE A BLEACHERS**

SECTIONAL AND PORTABLE

# Athletics in the High School

By Dr. L. W. Smith

*The Following Address Was Delivered Before the  
National Collegiate Athletic Association in New York  
Last December*

I know you must think I have a great deal of audacity to appear in such distinguished company with an impromptu talk and if I had thought twice when I was drafted yesterday I should not have had the temerity to accept, but be that as it may, I am deeply interested, as you all are, in this general subject and I am very grateful indeed that this great organization has given some recognition to the fact that athletics has such a wide place in the communities of the country outside of the colleges.

In that connection, it seems to me that I can make the best approach to what I want to say by making this remark, that all of us here, no matter to what eminence we may have risen as educators, are the social heirs of the old-fashioned school master who ruled with a rod of iron and who taught the three R's. There were, however, whole areas of the personalities of his pupils that he did not touch. Since his time education has been a constant process of going out into the different phases of the life of the pupils and taking those phases of life and introducing them into the school curriculum.

The old-fashioned school master did not sympathize with the boy of his day nor wholly understand him. When the boy drew an ugly picture of the school master on his slate or with his pen-knife cut it in the desk, the boy was the subject of discipline.

Do we treat the boy that way today? No! If a boy can draw a picture ugly enough and skilfully enough we tell him we would like to print it in the school paper. And if it is the high school principal who is caricatured, it pleases his vanity and furnishes a harmless outlet for the mischief of the boy; he is a budding cartoonist and, it may be, will be on the staff of the great metropolitan papers some day.

As I said, we are in a constant process of studying the objectives of education on all levels and those objectives mean not only certain academic training but they mean the training of the whole personality of the boy, the training of the whole personality of the girl, and if we do that, we begin to find, however we may enumerate those objectives, and

---

*Dr. Smith, the Secretary of the National Federation of State High School Athletic Associations, delivered one of the best addresses ever presented to the National Collegiate Athletic Association before the annual convention of that association. The Journal is pleased to present this to its readers.*

---

however they have been variously classified and variously named, that every subject in the school program makes its contribution to the whole list of objectives. We can call the roll of all of the subjects in the school program and list the contributions they make to the whole life, to the home life, to the civic life, to the athletic life, of the boys and girls who are going out into the world after a while; and we have been taking in various subjects—years ago science was brought in, and then manual activities were brought in, and then other activities were brought in, and now physical activities are brought

in, so that the student in school has a full rounded program, that is, for his complete development. And in discussing such a subject as this we should not minimize the importance of any other subject in the school program.

We recognize, of course, that languages make their contribution as a medium of expression and as an instrument of thinking and that mathematics and the sciences give an understanding of this technical civilization in which we live, but none of these subjects prepare the boy, or if you please, prepare the girl, to take his or her place as a human being in the group life that he or she is to enter so well as the play life that we have brought into the schools. If it is true that boys or girls can better take their places as human beings in the group life of the community by reason of the play life, the athletic life, then athletics and the athletic department make a major contribution to the training of the youth that is in our charge.

The President of this Association used a word a moment ago about which I should like to disagree with him, sir. He said that the athletic program was secondary. He at one point used the word "subsidiary." If the thing that I am trying to prove is true, then athletic and physical education takes its place as an equal in the great democracy of subjects that exists in our schools, both secondary schools and colleges.

There are certain outstanding evils in athletics and we must give some attention to them, but I think that while we ought to remedy those evils, we should give our attention to constructive activities, give our attention to the major virtue of the athletic and physical program and see what contribution it makes to the life of the boys and the girls and to the life of the communities in which they live. What are some of these virtues?

I hinted at one of them—namely, that the boy or girl who takes an active part on the play field or in the gymnasium has had the best training possible as a human being—has had the best training possible in the making of human adjustment—and you and I know that whatever position a



Lewis W. Smith. Secretary, National Federation of State High School Athletic Associations.



# *Stall & Dean*

## SPRING AND SUMMER CATALOGS READY NOW

Every  
School and  
College  
Coach Needs  
These.  
Send for All  
of Them.  
General  
Catalog of  
Sports  
Equipment  
for All  
Spring and  
Summer  
Sports.



Baseball  
Uniform  
Book With  
Samples of  
Flannels.  
Golden  
Track and  
Baseball  
Shoe  
Catalog.  
Official  
Baseball  
and Tennis  
Rule Books  
Free.  
Liberal  
Discounts to  
Schools and  
Coaches.  
Send for  
Your Copies  
Today

**SPEEDY AND DEPENDABLE SPECIAL ORDER SERVICE**

2339 LOGAN BOULEVARD, CHICAGO, ILL.

**OUR SALESMEN ARE SHOWING THE 1926-1927  
FOOTBALL AND BASKETBALL LINES**

man may take in the world, whether it be as a specialist or as an executive or in the medical profession or in industry, one of the large factors in his success is whether or not he is able to take his proper place in the human group and whether he can learn how to understand the finer currents of human feeling, as he takes his place in this human group.

Now I think we are all familiar with some of the other outstanding virtues in the athletic program. On the play field and in the gymnasium if we look for them, the qualities of leadership are very likely to come to the fore in the enthusiasm and stress of the physical games; quite as much as learning how one may become a leader and discovering that one has the qualities of leadership, there is the training in games of the other side of leadership, and that is, if we may coin the term, the development of the qualities of *followership*. We are going to have leaders, whether or no, but we fail to recognize sometimes that on the other side we must learn how to be good followers. In the narrow specialties in which the boy may assume leadership, he can't get away from the necessity for him to accept followership in many other phases of life, under medical leadership, civil leadership, whatever kind of leadership which is outside of his field.

There would not be time in the short space that is allotted to me to enumerate all of the benefits that might come—loyalty, co-operation, and all those other virtues. I must pass them all by.

What is the effect on the school as a whole and on the community as a whole? When we get into that field we get into the field of the evils that come. Most of our troubles in the athletic situation come from the grandstand and from the bleachers, and if we are to find the solution of our athletic difficulties we shall have to change the sentiment and opinion that exist among spectators.

It seems to me that there is the place for a constructive program. In the first place, if we can change the ideals of the bleachers and the grandstand we will project upon the community at once a community-wide program of recreation. In order to do that we shall have to do what many other organizations do in our life; we shall have to make a direct appeal to the civic clubs and the commercial clubs and the churches and all our other organizations giving them our ideals of sportsmanship.

Now, we talk to each other a great deal. We do not talk enough about our ideals to our supporters and to

those who are the spectators on the sidelines. We have neglected that whole field of effort. We need to go into the public press and find out where the strategic decisions are made. Knowing the personalities that make these strategic decisions, we must have them understand what our ideals are. If that is done the method of sports writing will be changed, the editorials will be changed, and we will have the influences of these organizations on our side instead of against us.

I said something about a community program of recreation, and that is becoming quite general in many communities. The explanation of athletic activities means on the inside of the school, intramural sports, so that it seems to me the second of our difficulties means this, that our problems may best be solved not by a direct attack upon these evils but by a flank attack on them. The answer to the evils in athletics is probably more athletics; for this reason, that if the whole community is taught to participate in recreational programs and if the whole school is caught up in a school-wide program of athletics, there will not be the excessive interest in the competitive phase of it. There will be a healthful interest in that phase, and I am sure that we all agree with the preceding speaker when he said that the American people had a competitive disposition. We shall keep competitive athletics but if there is universal or nearly universal participation in athletics, there is more likely to be sanity of mind and sanity of disposition with reference even to the competitive side of athletics.

Then the third answer to the evils of athletics is the development of community recreation and the development of intramural athletics of all types. It is not possible to go into detail in the development of that latter topic, but I would like to say before I leave my place that perhaps we ought to take a little look into the future in that matter and see what is ahead of us. I think one of the troubles that we have had has been lack of education. No one twenty years ago could have realized the present situation in athletics and if we are not careful we will make the same mistake with reference to the future.

As was brought out yesterday, we have built gymnasiums in the secondary schools all over the country. We have purchased play fields and we have not kept up with the procession. Just a figure or two to give you some idea of that. In 1890, there were something like two hundred

thousand secondary students in America. In 1920, there were over two million. The athletic program set up back there did not take into account that tremendous growth. The educational statisticians are telling us that in those thirty years the high school enrollments were multiplied by ten; that present indications are that in the period from 1920 to 1950 it will be multiplied by five, so that in the year 1950 there are likely to be ten million secondary students in America. That means an enormous development of our whole educational program. It means an enormous development of our athletic program. It means that we shall have to revise all our conceptions as to building sites, and to playing sites. We shall have to revise all our conceptions of school architecture if we are going to fit in with that program. Very, very seldom has there been in the past a plant built big enough. We ought to have the vision to look into the future and see that we have plants big enough, athletic fields big enough, and gymnasiums extensive enough to take care of this program that is about to be projected upon us.

Many schools see that, and we find secondary schools having play fields from forty to one hundred acres in extent. These are in schools having an enrollment of five hundred and up. Schools are building gymnasiums—one gymnasium, two gymnasiums, half a dozen gymnasiums, according to need. We must think about these things to see what will be demanded of us in the near future.

I think that is about all that I would like to say on that topic. I should like to insist again that we give adequate thought to these things and that we divert our attention promptly to constructive activities and do not give so much attention to the difficulties that come out of the evils of athletics.

In illustration of that, I heard one time a great physician say that any new modality in medicine or any progress in the prevention of disease had to go through the talk stage. In athletics we are in the midst of the talk stage. The talk stage is necessary before we can pass on to the next stage, but soon after we have come near the end of the talk stage, we are in the period of research and investigation and one of the most encouraging things that has come to my attention in the field of athletics was the announcement that the President made yesterday that there was to be a nation-wide survey of athletics. I hope that somebody may set up a program of research and investigation a decade long, so that we may really



know the problems and how to solve them.

Let me give you before I am seated, some of the more covered problems that do not come out for major attention. Athletics, competitive athletics, has gone down into the secondary schools, down into the elementary schools, so that in the early years, the early years of adolescence, we are doing damage, I think, to many of the boys and girls that we know nothing about. There are heart lesions that are not discovered until middle life, and more than that the severe competition that is projected upon boys and girls at that early age sometimes creates abnormal psychoses that nobody has been studying. There are other evils that have not been brought to the surface and that have not been talked about and which we will not discover until somebody makes a thorough going over and exhaustive study of this whole problem. Someone says this is not the field for collegiate discussion, that it is in the secondary school field. I would like to believe with you that recreation and athletics are not problems for secondary schools on the one side and for colleges on the other, but that it is a continuous problem covering both fields. The line of division that separates secondary schools from colleges is an artificial line and we ought to recognize it as such and that the whole field ought to be studied as a unit.

#### Questions and Answers

Q.—When will the Idaho State Basketball Tournament be held?

A.—The State High School Athletic Association recently announced that the State Tournament would be held at Boise, March 11, 12 and 13.

Q.—How was the University of Washington Stadium built and what did it cost?

A.—Bonds were sold by the Associated Students of the University of Washington and were retired from income received from football and other attractions which have been staged in the stadium. The approximate cost was \$565,034.

Q.—What style of defensive end play did Stanford use against Notre Dame in the game a year ago?

A.—While the editor did not see the game he has been informed by one who did see it that the Stanford ends went straight into the interference and the tackles waited and played the territory outside of ends safe.

Q.—What middlewestern colleges have discontinued baseball as an intercollegiate sport?

A.—Nebraska, Washington, Drake, Grinnell, Beloit, Lombard, South Dakota, Yankton.

## The University of Minnesota

### SUMMER COURSES IN PHYSICAL EDUCATION AND ATHLETIC COACHING — ALL PHASES OF PHYSICAL EDUCATION

Football  
Basketball  
Track  
Baseball  
Swimming

Gymnastic Teaching  
Playground Supervision  
Intra Mural Athletics  
Winter Sports  
Organization and Administration

Regular credit given toward B. S. Degree.

Ideal summer climate. Many nearby resorts. Wonderful golf courses.

*Plan to spend a delightful summer in Minnesota  
"The Land of Ten-Thousand Lakes"*

First Term: June 19 to July 31.

Second Term: July 31 to September 4.

*Write today for bulletin to*

*Director of Summer Session,*

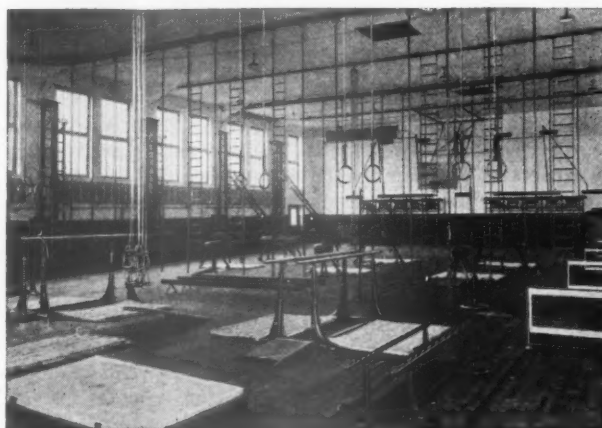
**235-S Administration Building  
University of Minnesota Minneapolis, Minn.**

## GYMNASIUM EQUIPMENT

DESIGNED BY ENGINEERS WHO ARE

### EXPERT GYMNASTS

Made "Right" and "Stays" Made



SEND  
FOR  
CATALOG  
NO. 4

VERY  
BEST  
GRADE  
ONLY

**CHICAGO  
GYMNASIUM EQUIPMENT  
COMPANY**

1835 WEST LAKE STREET, CHICAGO

# What the Editors Say About Athletics

*Papers which formerly never dignified athletics by giving them editorial space are more and more discussing the philosophy of athletics and their importance in the columns which were formerly devoted more or less exclusively to world and national politics. The editorials presented herewith have been selected because each presents at least one idea worthy of consideration. The men who write the editorials in the nation's press to a very large degree shape public opinion.*

The Morgantown, (W. Va.) New Dominion in an editorial points out that a number of the colleges in that section have abandoned baseball as an intercollegiate sport. There can be no denying the fact that a number of colleges and universities throughout the country have given up baseball recently. The arguments for giving up baseball are usually the following: First, baseball these days is conducted at a financial loss. The same argument, however, might be advanced for all of the intercollegiate sports with the possible exception of basketball and football. However, it is not being suggested that we give up track, tennis, golf, swimming and the other sports. Second, the playing season is too short. In answer to this, it might be suggested that the playing season today is no shorter than it always has been and that with the building of field houses and gymnasiums, winter training facilities for baseball are better today than they have ever been before. Third, baseball is a professional sport and since the boys will play professional ball in the summer it is easier to give up the game entirely than it is to enforce the rules. This is the easiest way out of the difficulty, no doubt, but it is hardly the plan that should be recommended. It has been demonstrated that it is possible to enforce the amateur rule in baseball if those in authority really go about the matter in a business-like way. The Journal expresses the hope that the colleges that have abandoned baseball will again support this great game:

## Mountaineer Baseball Menaced

"These appear to be hectic days for college baseball in the tri-state district. Just when the Mountaineers are facing the prospects of perhaps the strongest diamond aggregation that has represented the institution in many years through the acquisition of the wonderful freshman talent of last year, comes the news that Duquesne College of Pittsburgh has decided to abandon collegiate baseball 'because of lack of interest in the sport' which makes it almost unanimous as far as the Pittsburgh schools are concerned. Pitt, Carnegie Tech, Duquesne and W. and J. all have discarded their baseball teams, likewise Westminster, Geneva and Thiel, although these latter schools have not been on the West Virginia card in recent years. Waynesburg College, too, has not had a diamond organization for the past year or two which adds to the complications of finding opponents in this territory.

"Pitt, in abandoning baseball last year, let it be known that the curtailment was only temporary caused by lack of a place to play while the new stadium was being constructed. It was understood that the Panthers would get back into the ring this spring but thus far there seems to be no move in this direction.

"Penn State is the only one of the larger institutions of

the tri-state district which remains in the sport of baseball although Bethany and Wesleyan of the West Virginia colleges are still in the running.

"This wholesale abandonment of baseball causes schedule making to be a nightmare, according to Assistant Athletic Director Eugene Gunning. It is not so much lack of opponents that causes the difficulty although this enters in. There are plenty of eastern teams that will come for a series here but the expense of bringing these opponents is not justified by the income. And the difficulty of getting them is all the greater now because these collegiate opportunities for the easterners to book several games in the Pittsburgh district and thus break the long jump, are gone. The Mountaineers are almost isolated in a baseball way except for Bethany and Wesleyan. Grove City, presumably, will be represented this spring but that is about the sum total of prospective collegiate opposition in the Smoke City area.

"It is understood that Pitt, Tech and W. and J. are all contemplating the taking up of lacrosse which is rapidly becoming a most popular collegiate sport, especially among eastern institutions. It is less expensive than college baseball and, because of its more rugged character resembling in some respects football, seems to have a stronger appeal to the collegians as a co-sport with track for the centering of spring activities. Furthermore, it is purely an amateur game and is not bothered by the competition which college baseball encounters from independent, semi-pro and professional play which gets under way now about May 1st all through this section of the country.

"It is a certainty, however, that the Mountaineers will go through with their baseball program for this spring, at least. As indicated before, prospects were never brighter and the best will be made of a schedule situation which is somewhat discouraging.

"The Mountaineers have contemplated taking up lacrosse for some time; in fact it has been under consideration by Director Stansbury and his assistants for the past several years. Should there be any general move in this direction by the tri-state schools that have normally furnished the major part of the baseball schedule, it is not unlikely that West Virginia will follow suit and at the same time be forced to abandon baseball. The Mountaineer's however, will not give up their baseball unless absolutely compelled to do so. The traditions behind baseball here are far reaching and there was a time when interest in this sport transcended that in any other. Track has rapidly moved to the fore during the past four or five years, however, and the best that can be said of the diamond game is that it does not hold better than even break with the track and field performances, if indeed, it does that well."

Another editorial relative to college baseball recently appeared in the Rockford, Illinois, Gazette, as follows:

## Dropping Baseball in the Corn Country

"Drake, Ames, Grinnell, Nebraska and Washington universities have dropped baseball as a conference sport. Five important educational institutions in the heart of the nation abandoning the national game? It seems rather strange, and certainly can not be a pleasant thought for the 100 per cent baseball fan.

"Baseball, one would think, would be the last athletic pastime to be discarded by schools in what we boast is the typically American region. It was the Drake-Ames-Grinnell country that produced Anson. Today football rules it. Dwindling interest, so far as student bodies and faculty alike are concerned, has resulted in lack-lustre, baseball teams and an unprofitable 'gate.'

"Baseball calls for a quick brain, alert body and the



fighting instinct. It is a pity to read of colleges abandoning it. Pride alone, one would think, pride in a game wholly American, would demand its retention and development.

"Wherein lies the real explanation for baseball's failure as a conference sport among the thriving educational institutions mentioned? Are we simply a one-game region and that game football? Come to think about it the old fire of the vacant lot baseball game does not seem to be so much in evidence in this day. When you see youngsters playing the game with a ball about the size of a grapefruit and nearly as soft you probably are not astonished that our mid-west colleges find no music in the crack of the regulation ball against the hickory and the glove."

The editorial "Amateur Baseball Waning" taken from the Montgomery, Alabama, Advertiser is of interest and adds another thought to this baseball question. The editor suggests that baseball has fallen off 80%. Undoubtedly this is not correct. Just how much of a decline has taken place is hard to determine. One sporting goods manufacturer recently reported that his baseball business had declined 25% in recent years. Others have reported a 50% decrease. Certain it is, however, that there has been a decline as judged by the number of boys playing the game:

#### Amateur Baseball Waning

"A survey made by the National Amateur Athletic Association discloses the unpleasant information that there has been a marked decline in amateur baseball in recent years, 'approximating 80 per cent.' At the same time, it is noted, other forms of amateur sport, such as golf, tennis and basketball, have shown a decided increase in the number of persons indulging in them. The experts attribute the waning popularity of baseball to the fact that the game has become largely professionalized, whereas golf, football, tennis and other pastimes have flourished in spite of the professional menace.

"Commenting upon the report and its significance, the Washington Post says:

"It is not a difficult matter to find confirmation of the findings of the amateur association so far as baseball is concerned. One needs only to make a casual survey of the playgrounds of a city to discover that hundreds of boys who used to gather on the corner lots to play ball are now devoting their energies to golf, tennis, football, or some other diversion.

"Undoubtedly professional baseball has grown very largely in the last decade, and it is probably true that this is the cause of the declining interest among boys in the amateur end of the game. If this situation continues, it must follow that professional baseball will suffer, for it is almost wholly dependent upon the amateurs for its raw material. Professional baseball players of today were amateurs yesterday. Their ranks are recruited from the corner lots and the colleges. Take away amateur baseball and it will be only a matter of time when professional baseball will die.

"This same condition does not apply to golf or tennis, but it threatens football and basketball. The number of professionals in golf and tennis is very small compared to the number of professionals in baseball, and it may be that the increasing popularity of golf and tennis is accountable for the falling off in the number of amateur baseball players. Exponents of physical culture probably will differ in their views as to which particular form of athletics are best, but they will not deny that baseball is good for the body as well as the brain. The National Amateur association is doing a good service in seeking to revive amateur interest in the game."

"Football today arouses more enthusiasm than baseball. Football is much more popular with the younger set

## BOILS BRUISES BURNS (BRUSH)

are common ailments  
during

## THE BASKET BALL SEASON

*Antiphlogistine*  
TRADE MARK

applied immediately  
**HOT**  
for Boils and Bruises  
**COLD**  
for Burns

has been used extensively by  
Coaches and Trainers for the  
past third of a century.

Write

## THE DENVER CHEMICAL MFG. CO.

20 Grand St., N. Y. City

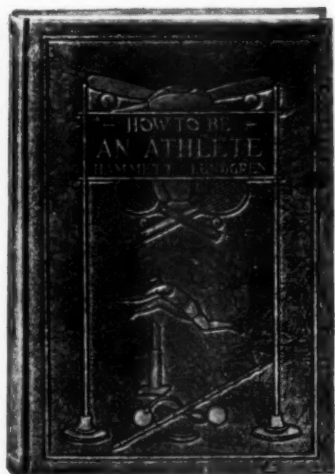
Dept 1-a

for a book on  
"Conditioning and Training"  
It will be sent gratis

# How to Be an Athlete

by

C. E. Hammett—C. L. Lundgren



xiv+313 pages, 166 illustrations. Single copies postpaid, \$4.00. The usual discount will be allowed to schools and dealers.

How to Play Football, Basketball, Baseball and Tennis, Track and Field: 100 Yard Dash, 220, 440 Distance Runs, High Hurdles, Low Hurdles, Pole Vault, Broad Jump, High Jump, Shot Put, the Discus and the Hammer. The play of each position described separately with Diet, Training Schedules and First Aid Treatment.

T. A. D. JONES, Athletic Director, Yale University: I have had an opportunity to look it over quite carefully and take great pleasure in recommending it to high school coaches and players and those boys who are anxious to improve themselves athletically.

P. E. BELTING, Athletic Director, University of Iowa: An extraordinary amount of care has been taken by the authors in showing the novice the minute details involved in learning the prerequisites of successful competition in track, football, baseball, basketball and tennis. A very helpful section is given to the proper conditioning of athletic competitors. Numerous strategic diagrams, pictures and illustrations leave nothing to be desired in a volume of this kind. The book has, therefore, a distinct function in every school where athletics are a part of the educational program.

TYRUS R. COBB, Detroit Tigers: I take great pleasure in recommending it to high school coaches and players—in fact, any young man who is interested in athletics will find this book a good guide and a very great help.

**D. C. Heath and Company**

Boston New York Chicago Atlanta  
San Francisco Dallas London

than baseball. It is remarkable how indifferent the average schoolboy is to baseball today as compared to the attitude of the average schoolboy a decade or so ago. One still sees some sand-lot baseball in the towns during the summer season, but the boys do not seem to rate the game very high. Most of them do not get much of a kick out of it. But every schoolboy is a young fanatic on the subject of football. Probably every boy in Montgomery from the age of ten on up is familiar with the names and records of the leading football players of the country. In Montgomery the members of the Crimson Tide outfit are familiar to the small boys. The Advertiser gets countless telephone calls from the youngsters when an important football game is being played. All of the little fellows want to play the game.

"And old people are football fanatics. The ranks of the fanatics increase season by season. That affair at Pasadena created a greater sensation in Alabama than any sporting event within our recollection. People in The Advertiser building who know little about the game hovered around the telegraph operators Friday evening, and screamed like maniacs when the Tide took the offensive against the Washington team. There was not a sensible cool person in the office when the final word came that Alabama had won. The exclamations and comments of telephone inquirers were rich and racy.

"Baseball could not have excited Alabama even in the old days as football excited the State Friday."

The following editorial taken from the Mt. Sterling, Kentucky, Democrat, has appeared in a number of editorial columns recently. Dr. Newlin is quoted as saying "Football builds stadiums—mathematics cannot even build a residence hall." Undoubtedly this is true and no one would be inclined to dispute the statement. However, if Dr. Newlin or anyone else would have us believe that if we did away with football, we would thus create more interest in mathematics, we would have a right to challenge his deductions:

## Football and Scholarship

"The caustic criticism of the present college system by Dr. W. J. Newlin, of Amherst College, meets with approval in many quarters. Dr. Newlin's assertion that football is the paramount consideration in colleges today and scholastic accomplishment a poor second, can hardly be controverted. Scouts from the colleges make it their business to keep an eye on promising football material and make sure that it is diverted to their own ranks. No detail is lacking; every assistance, financial and otherwise, is provided. Do colleges have scouts out seeking promising scholastic material?

"In the words of Dr. Newlin, 'Football builds stadiums—mathematics cannot even build a residence hall.' A fair idea of the comparison may be gained from the daily press. Not infrequently an athlete makes a two or four-column headline on the front page—sometimes a 'rib-bon.' Did ever a scholarship gain its winner such recognition and applause?"—Winchester Sun.

The Waycross, Georgia, Journal quotes Reginald Werrenrath as saying that singing is largely physical. We might go farther and suggest that other accomplishments which we do not usually think of in terms of physical are, however, as much dependent upon the physical as upon the intellectual or emotional qualities. For instance, a great actor portrays the characters on the stage by developing quite largely physical forms of expression. Reading and writing are more or less physical accomplishments and the surgeon who does not have full control of his physical powers could not hope to succeed in his profession.



These observations may be of interest since there are those who attempt to classify certain school or college work as academic and other activities as extra curricular and physical.

### Largely Physical

"Reginald Werrenrath, the popular concert singer, in speaking of his noted career, said:

"Singing is largely physical."

"How different from the conception many have! They picture the life of a singer as an endless repetition of vocalizations, scales, and vocal studies to the neglect of everything else. They think that if a singer were asked to play golf, to take part in tennis, to indulge in any outdoor exercise he would reply, 'I cannot. I must work on my voice.'

"What Werrenrath is pointing out is that all of his vocalization, all of this intensive study will avail naught unless the singer is supported by superb health, unless he can keep in excellent physical condition all the time.

"That is true of all careers. The special study and training counts for nothing unless the person is sensible enough and has foresight enough to keep in fine health."

Buck Weaver in his column in the Spokane, Washington, Press, suggests that "the only point of contention possibly between the college game and professional football is in the disposition of the funds,—the professional promoter makes the money for himself, the university makes it to improve physical education." This is a point that is very often overlooked by those who decry the commercialism of college athletics. As has been suggested before in these columns, college and school athletics are highly philanthropic and not commercial in the baser sense of the word:

### Sportitorial

By BUCK WEAVER

"Speaking of professional football, here's one:

"Big colleges and universities have raked over \$20,000,000 into their coffers the last season on their games. True enough, the players don't make the money, but the coaches get a slice and the school prospers immensely.

"No wonder the magnates have turned from oil well speculation to capitalize the great stars who are developed in the colleges. Simply speaking, it is a mint, and a dollar will go just as far with a business man as it will with a school.

"Despite the fact that the schools have built the game up to a great money-making proposition, it should not be discouraged. The millions of dollars that have rolled into the schools' athletic funds have been a great thing. Football pays the way for all branches of high school and college sports.

"The 'million-dollar' gate has made it possible for every boy attending school to take part in some form of athletics, it has allowed sectional competition, which is the greatest stimulant to athletic interest.

"Athletes have been furnished every possible convenience to aid in developing their bodies. The money is turning out the greatest class of manhood, due to physical training, that the world has ever produced.

"The only point of contention possible between the college game and professional football players is in the disposition of the funds. The professional promoter makes the money for himself. The university makes it to improve physical education. That's the only difference.

"Yet there is no law in this country against a legitimate business."

An account of a study conducted by V. K. Brown, Superintendent South Park Playgrounds, Chicago, appeared recently in the Chicago Post. It is of interest as showing what things interest boys and girls:



*Leacock*

## TRACK EQUIPMENT

Also Base Ball, Tennis, Golf

Now Ready

Write for New Spring Catalog  
Samples Sent Prepaid on Request

Leacock Sporting Goods Co.  
921 Locust Street St. Louis, Mo.

## ATHLETIC PRIZES



HEIGHT 10 INCHES — BRONZE \$7.50  
ALSO MADE IN SILVER AND GOLD

This is one of our new line of athletic statues. We have designed these to take the place of cups. A statue applying to the sport is more appropriate.

We Will Gladly Send Circular Illustrating  
Trophies for Other Sports

## DIEGES & CLUST

58-64 W. Randolph St.  
CHICAGO

73 Tremont St.  
Boston, Mass.

Oliver Bldg.  
Pittsburgh

15 John St.  
New York City

### What Do Boys and Girls Like?

"The question will be recognized as one of major importance at this season of the year. It is giving occasion for thought to mothers and fathers, aunts and uncles and adults generally. V. K. Brown, south park superintendent of playgrounds and sports, has attempted to get it answered by the boys and girls themselves. The results of his efforts contain several surprises.

"Several thousand boys and girls were furnished ballots containing lists of one hundred and fifty different sports and spare-time occupations, all in vogue in the south parks, with the request that they check off those which they liked, sign their names and state their ages. By counting the votes which each of these one hundred and fifty diversions received, an estimate of their relative popularity at various ages has been reached.

"We have before us tables in which the thirty leaders are given for boys and girls of ten, eleven and twelve years.

"The ten and eleven year old girls agree that nothing is so much fun as marching. We would never have guessed that. With the ten-year-olds the movies come third; with the eleven-year-olds, second, and with the twelve-year-olds, first, while in this last instance, marching drops from the top of the column to fourteenth place. Here, surely, is a significant change in interest.

"The first five of the ten-year-olds are marching, swimming, movies, parties and roller skating; of the eleven-year-olds, marching, movies, gymnasium, dancing, swimming and parties; of the twelve-year-olds, movies, parties, reading, volley-ball and swimming.

"Reading moves slowly up, from eighth with the ten-year-olds to seventh with the eleven-year-olds and third with the twelve-year-olds, and dolls move steadily down from seventh at ten to seventeenth at eleven and nineteenth at twelve. That, too, is suggestive. Rope skipping also moves up, beginning at fourteenth for ten and landing in eighth place for twelve. The game of checkers is more popular at eleven than at either ten or twelve. For some inexplicable reason it drops to the bottom of the oldest group, after being eleventh in the one preceding it.

"Cooking is ninth at ten, just above 'O'Leary'; eighth at eleven and sixth at twelve, where it is sandwiched between swimming and roller skating, but the twelve-year-olds have no place in their first thirty for dressmaking, although the eleven-year-olds put it fifteenth and the ten-year-olds twenty-fourth.

"The ten-year-old boys give the five honor places to football, baseball, movies, marbles and tops; the eleven-year-olds to baseball, football, swimming, marbles and movies; the twelve-year-olds to swimming, football, movies, baseball and skating.

"It is interesting to note that while swimming went down with advancing years among the girls, it went up among the boys—sixth at ten, third at eleven and first at twelve. For two years marbles stay in fourth place and then drop to seventh. Marching, so popular with the younger girls, escapes all mention in the first two lists for boys, but appears in twenty-second place at twelve.

"Reading gets its highest vote at eleven, but is then lower than at any age among the girls—ninth place. It drops to thirteenth at twelve. Radio makes its appearance as twenty-eighth at eleven and moves up to twenty-sixth at twelve. Wrestling and boxing, generally supposed to be high favorites with boys, are found in all three lists in the lower fifteen.

"Such tabulations as these have their significance for the students of child psychology. They indicate clearly that childhood is a period of change in more than physical growth, and that educational method to be effective must take note of the varying accents on child interest. The collection of the data by the south park superintendent is evidence of the intelligent care which is being given to the development of the recreational program under Mr. Brown's direction."

The Seattle, Washington, Union Record has an interesting article on baseball.

### Reflections on the World Series

"What is there about baseball to make it so attractive to the American mind? Certainly the game is commercialized. Players are bought and sold like so many race horses. They are not the products of the cities on whose teams they play nor are they necessarily even residents of these cities. Yet, in many cities, the measure of its devotion to the ball team is the gauge of the general enterprise of the community. Live, aggressive, progressive cities are the best baseball towns.

"Not only is baseball commercialized but it is organized as a monopoly. It is operated as a monopoly with all the autocratic characteristics of monopoly. It is primarily a business, not a sport in the sense that football is supposed to be. Yet the game itself is a true sport and it must be this that is so appealing to the American love of sports.

"Some day, perhaps, baseball will be reorganized. It will be de-commercialized. The various public schools—grammar schools, high schools and colleges—will give more attention to training baseball teams. The game will be organized along the lines that football is now organized, only better. Players representing the various cities will be developed in school athletics, or on the sand lots of their own cities. A game having such a hold on the American imagination constitutes a public problem and should have the attention of public authorities.

"If as many Seattle citizens were to be interested in the affairs of the city as were interested in the world series, there wouldn't be so much ground for criticism as there is. But that, perhaps, is too much to hope for."

This editor looking ahead suggests that some day baseball may be reorganized and decommercialized. Unless baseball again becomes an amateur sport it will continue to decline as it has been declining for several years.

### The Texas State Amateur Athletic Federation Newly Organized

The plan of the Texas State Amateur Athletic in Texas to promote amateur baseball will be of interest to many.

"It is planned to arrange a series of state tournaments for amateurs in the various athletics represented by the nine vice-presidents. Those who attended the meeting were very enthusiastic, declaring that the organization would do more to promote athletics among amateurs in Texas than any movement fostered in the past.

"One of the principal objects of the federation will be to promote amateur baseball, and President Stokes has announced that it had been definitely decided that the organization would begin work immediately.

"In the baseball tournament the state will be divided into a northern and southern district, with a point just south of Waco as the dividing line between the sectors. Included in the northern district will be Waco, Dallas, Fort Worth and Wichita Falls, while the southern district will be composed of San Antonio and Houston.

"The elimination games will begin the last week in August, with the series of final games to be played in the second week in September.

"A basketball tourney will also be promoted next spring."



## COACHING CHANGES

Sam Willaman, head football coach, Iowa State College, Ames, Iowa, has accepted a contract with Ohio State University. Next year he will assist Dr. Wilce in coaching the varsity team.

Clark Shaughnessy has signed a contract for two more years at Tulane University with an option for eight more years at the expiration of this contract. Shaughnessy has been very successful as head football coach at Tulane.

Ossie Solem has just signed a ten year contract at Drake University where he will continue as Director of Athletics, head football coach and director of the Drake Relays.

H. J. Huff, Director of Athletics and track coach Grinnell College, beginning next September will become head track coach at the University of Kansas succeeding Karl Schlademan who resigned.

Hauser, the old Minnesota football player, who has been assistant football coach at Iowa State College, has recently signed a contract to coach Colgate University this coming fall.

Cappon, formerly captain of the University of Michigan football team, has signed a contract to coach the football teams at the University of Kansas. John Sabo, last year end

coach, will remain as assistant to Mr. Cappon.

Jack Crangle, head baseball coach and assistant football coach at the University of Missouri, has signed a new contract for another year at Missouri.

"Nibbs" Price will succeed Andy Smith as head football coach University of California.

Mr. R. A. Fetzner has signed a contract with a well known athletic coach for North Carolina. The new man whose name has not yet been announced will assume his duties in the fall.

At the present time the following vacancies have not been filled: Washington State College, Pullman, Washington, head football coach; Iowa State College, head football coach; Grinnell College, Director of Athletics and track coach; Amherst College, head football coach; University of Minnesota, back-field coach; St. Louis University, Director of Athletics and head football coach; Olivet College, Director of Athletics and Athletic coach; University of Montana, head football coach.

Q.—What are the dates of the National Interscholastic Basketball Tournament in Chicago?

A.—March 31st to April 3rd.

## "MEYLAN" STOP WATCHES

GIVE LONGEST SERVICE

VOUCHED FOR BY LEADING COLLEGES, UNIVERSITIES AND PROMINENT "OFFICIALS"



ACCURATE, RELIABLE,  
DEPENDABLE, DURABLE

Ask for Illustrated Folder of "Meylan"  
Stop Watches

**A. R. & J. E. Meylan**

American Service Plant

552—7th Avenue, New York, N. Y.

We repair all makes of stop watches



Send for Catalog 21 and let the pictures tell the story.

## DURAND

"built in" locker quality is  
your guarantee

Durand has welded the door frame and rivetted the hinges into a single unit.

The drop forged handle, three point locking device, Parkerized coat hooks and sturdy hinges lend added strength and endurance which guarantee that Durand lockers installed today will render perfect service as long as your building stands.

Durand doors never sag. Hinges never loosen. Hooks never rust. Locking devices always lock.

**DURAND STEEL LOCKER**  
CO. INC.

1503 FORT DEARBORN BANK BLDG.,  
CHICAGO

1327 Pennsylvania Bldg.,  
New York City  
5-1503 General Motors Bldg.,  
Detroit  
1107-207 Market Street,  
Newark

2417 1st National Bank Bldg.,  
Pittsburgh  
1007 Cunard Bldg.,  
Philadelphia  
942 Eas 61st Street,  
Los Angeles

## Index to Advertisers

A. S. Barnes & Co.....	36
Chicago Gymnasium Co.....	41
Circle A Portable Bleachers.....	37
Denver Chemical Co.....	43
Dieges and Clust.....	45
Draper and Maynard.....	27
Durand Steel Locker Co.....	47
Eckielipp Co. ....	30
P. Goldsmith Sons Co.....	23
Hawkeye Leather Co.....	36
D. C. Heath & Co.....	44
Hillerich and Bradsby.....	35
Iowa University Summer School.....	26
Leacock Sporting Goods Co.....	45
Leavitt Manufacturing Co.....	29
Theo. Mayer and Co.....	32
Meanwell Basketball Book.....	32
A. R. & J. E. Meylan.....	47
Midland Chicago Service.....	31
Minnesota University Summer Session.....	41
O'Shea Knitting Mills.....	Back Cover
Horace Partridge Co.....	Inside Front
Pryor Press .....	21
Rawlings Manufacturing Co.....	31
A. J. Reach & Co.....	33
The Schmelzer Co.....	36
A. G. Spalding & Bros.....	2
Specialists Educational Bureau.....	33
Stall and Dean.....	39
Wilson-Western Co.....	Inside Back
Wright-Ditson Victor Co.....	25
Y. M. C. A. Summer Session.....	28

## COMPLETE FILE of the ATHLETIC JOURNAL 1923-24

With articles by

Rockne, Meanwell, Ralph Jones, Archie Hahn, Lewis, Strahan, Jaggard, Grover, Manley, Stafford, Stewart, Majella, Trester, Pritchard, Lipski, Judson, Fletcher, Stroud, Ward, Ferguson, Clevenger, Winters, Wieman, Huebel, Young, Mayser, Rogers, Chandler, Reynolds, Collins, Nicholson, Smith, Novak, Beyer, Luehring, Thomas, Haberman, Allen, Morrison, Hogan, and Harmon.

One hundred articles by forty authorities on athletics in the 1923-1924 Journals for \$1.25 unbound, \$3.50 bound.

## COMPLETE FILE of the ATHLETIC JOURNAL 1924-25

With articles by

Hillman, Bridges, Meanwell, Hunter, Wimberly, Daniels, Stafford, Grover, Webb, Nohr, Pritchard, Schommer, Rockne, Ewing, Van Liew, Jones, Erney, Lindel, Kent, Allen, Mather, O'Neil, Martin, Ashmore, Kennedy, Crisler, Habermann, Belting, Kerr, Yost, Butler, Hanley, Lieb, Fisher, Wilson, Morgan, Cromwell, Paige, Vogel, Raycroft, Hager, Fletcher, Bachrach.

One hundred articles by forty-four authorities on athletics in the 1924-25 Journals for \$1.50 unbound, \$3.75 bound.

## Basketball Reprint

The great demand for issues of the

## ATHLETIC JOURNAL

for 1921-1922 and 1922-1923 has made a reprint necessary.

The following articles are now available:

### CONTENTS OF BASKETBALL REPRINT

Basketball Fundamentals *Ira T. Carrithers*  
Stops and Turns (3 diagrams)

*Dr. Walter E. Meanwell*  
Practice Formations (6 diagrams) *Frank McCormick*  
Some Successful Basketball Plays (4 diagrams)

*John L. Griffith*  
Basketball Offense (6 diagrams) *K. L. Wilson*  
Floor Plays (20 diagrams) *F. J. Winters*

A Tip-off Formation *Dr. Walter E. Meanwell*  
Basketball Defense *Ralph Jones*

### PRICE OF REPRINT

To non subscribers—fifty cents.

To subscribers—twenty-five cents.

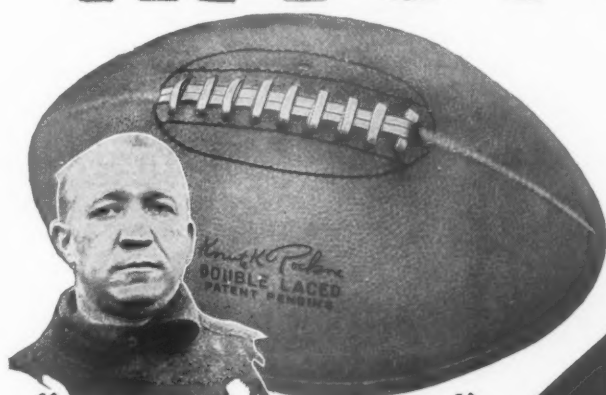
Send orders now to

## THE ATHLETIC JOURNAL

6922 Glenwood Ave., Chicago, Ill.



# SPRING PRACTICE-



"IT'S PERFECT"

demands Rockne foot balls

Right now Universities everywhere are placing their orders with Dealers for Wilson-Rockne Official "Double-Laced" Foot Balls. Schools and colleges everywhere want this perfect playing ball for Spring Practice.

All Wilson-Rockne Balls come to you now with the perfected Double RAWHIDE Lacing and all ready for instant inflation. (Balls laced at factory.) Inflates through valve like auto tire without disturbing lacing. Standardized air pressure made possible with Wilson pressure gauge. Perfect shape and Wilson patented double lining feature prevents bulging. Order NOW from your Sporting Goods Dealer and make certain of supply.

*Wilson-Western Sporting Goods Co.*

NEW YORK

MAKERS OF THOMAS E. WILSON ATHLETIC EQUIPMENT  
CHICAGO

SAN FRANCISCO



## **SNAPPY**

# **Knitted Basket Ball Pants**

Possess both lateral and vertical elasticity as well as the following features:

1. A positive match with shirt color.
2. Full peg cut—plenty of hip room.
3. Reinforced waist band—prevents turning or curling.
4. Unusually short inseam.
5. Extremely wide leg.
6. Elastic seams.
7. Reinforced crotch.
8. Will outwear any other type of pants made.
9. Furnished either with attached belts, same fabric as garment, or with detached web belt, same color as trimming, and nickel buckle.
10. Trimming down sides or bottom in either silk braid or felt.

---

## **O'SHEA KNITTING MILLS**

**2414 N. Sacramento Ave.**

**Chicago, Ill.**